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GUIDE TO TEACHERS
OPERATING
THE National SYSTEM
of
COOKING
BOOK TWO

INDUSTRIAL BOOK & EQUIPMENT CO.

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GUIDE TO TEACHERS

OPERATING

THE National SYSTEM

of

COOKING

BOOK TWO

PRICE 50 CENTS

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INDUSTRIAL BOOK & EQUIPMENT CO.

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FOREWORD.

This course in cooking has been worked out in such a way as to make it thoroughly practical and workable in Public Schools. Each lesson in the hands of the pupil is so comprehensive, and yet so explicit, as to require the least possible detail work on the part of the teacher.

Each pupil should be required to study her printed lesson very carefully, for there she will find not only full working directions for all processes in the cooking class, but she will also find such information as is necessary to give the subject its fullest educational value.

The fact that each student must read and interpret the printed page, closely correlates this work with every other subject of school work, and develops careful concentration and thoughtful interpretation.

The various directions and instructions given throughout these courses are not presented with the idea of being the only ways by which results can be obtained, but they are set forth as ways thoroughly tested by many years of successful experience in several large cities, as well as small country schools.

As this work is presented in the kitchen—a place where pupils learn to do by doing as well as by thinking—it differs from the regular class room work where only thinking is required, and will be strange to the pupils for a few recitations. For these reasons, the specific regulations set forth in this manual have been suggested. **These suggestions should be adhered to closely.**

The **Suggestions for Home Application** given at the close of each regular lesson represent the practical generalizations which the students should gather from that lesson. This work should have particular emphasis.

The **Home Recipes** found in each lesson are kindred dishes which may be used either at school or at home to augment the regular lessons. These recipes will afford abundant material for additional and optional lessons.

The pages of **Menus for Luncheons and Dinners** offer guidance in the preparation of school meals, many of which should be given during the year. Nothing can be done to add popular favor to the Domestic Science work so effectively as to have the students serve an occasional luncheon to school authorities or patrons.

Every means of correlating the work of the school with the life of the home and the community should be earnestly developed.

Edited by M. G. BURTON.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 1.

You are really a Teacher's assistant in this lesson and the success of Lesson 1 depends to a great extent on how you do your part of the work.

First: We must have all the materials necessary on hand. As we are going to prepare **Canned Tomatoes** today, let us see what we must order at the grocery store.

Market order for a class of sixteen pupils:

16 Large, Red, Ripe Tomatoes.

or

32 Small Tomatoes.

8 Pint Jars with rings and covers.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned.

You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and **hang them up** to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.**HOUSEKEEPER'S DIRECTIONS FOR LESSON 1.**

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth (according to directions already learned).

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

Place the tomatoes so there will be 1 large or 2 small ones for each pupil. You should wash the glass canning jars, rings and covers. Place the jars edge-wise and covers in a pan of cold water and heat slowly to boiling point. Let them remain in the water until the girls are ready to use them.

Place one large kettleful of water which has been boiled, cooled and salted, allowing 1 tsp. salt to each qt. of water, for each 8 pupils (4 pairs). Place a large bowlful of cold water for each 8 pupils (4 pairs). Fill a sauce pan full of water over a burner, one for each 8 pupils, that the girls may scald their tomatoes in it.

For each 8 pupils place a dish pan over a burner. Cover the bottom of pan with steamer rings or several thicknesses of paper, that the filled cans can be placed on them. The pupils must not place the filled cans so they touch the bottom of the dish pan. It would break the jars.

Have a second dish pan ready so that the filled one may be covered with it.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHERS FOR LESSON 1,**CANNED TOMATOES.**

Market order for class of **16** pupils, larger or smaller classes in proportion.

16 Large, Red, Ripe Tomatoes.

or

32 Small Tomatoes.

8 Pint Jars with rings and covers.

NOTE. Housekeeper **No. 2** should place the tomatoes so there will be **1** large or **2** small ones for each pupil.

She should wash the glass canning jars, rings and covers.

Place the jars edgewise and covers in a pan of cold water, and heat them slowly to boiling point. Let them remain in the water (according to Directions on Note Book Page today) until the girls are ready to use them.

Place one large kettle full of water for each **8** pupils (**4** pairs).

Place a large bowlful of cold water for each **8** pupils (**4** pairs).

Fill a sauce pan full of water over a burner, one for each **8** pupils, so that the girls may scald their tomatoes in it.

For each **8** pupils place a dish pan over a burner. Cover the bottom of pan with steamer rings, that the filled cans may be placed on them. The pupils must not place the filled cans so that they touch the bottom of the dish pan. It would break the jars. Have a second dish pan ready so that the filled one may be covered with it.

Discussion. Tomatoes may be kept indefinitely in this way. They should be put upside down and kept in a dark place—as light affects the tomatoes and develops an unpleasant taste.

If one wishes to prepare tomatoes for salad, they may be canned in vinegar and salted water, using half and half.

NOTE. If tomatoes cannot be obtained, this canning Lesson may be postponed without breaking the sequence of the Lessons.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 2.

You are really the teacher's assistant in this lesson, and the success of Lesson 2 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Canned Peaches** today, let us see what we must order at the grocery store for a class of 16 pupils:

16 Peaches.

Sugar. }
Cloves. } On hand.

1 Lemon.

4 Pint Jars with rings and covers.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned.

You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.**HOUSEKEEPER'S DIRECTIONS FOR LESSON 2.**

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

Place 8 peaches for each 8 pupils (4 pairs).

Fill 1 bowlful of cold water for each 8 pupils for the girls to measure.

Fill 1 pan full of water and place it over a burner, for 8 pupils to scald the peaches in.

Examine and sterilize 4 pint jars according to Directions on Home Page. Lesson 1, Course C.

Place sugar in bowls, 2 cups in each—1 bowl for each 8 pupils (4 pairs).

Cut lemon in halves, one-half on a saucer, one saucer for each 8 pupils (4 pairs).

Put cloves on saucers, 4 on each saucer, one saucer for each 8 pupils (4 pairs).

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today. (Follow directions for washing cloths already learned.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHERS FOR LESSON 2.**PRESERVATION OF ACID AND SALT SUPPLYING FOODS.**

Prepare CANNED PEACHES.

Market order for a class of 16 pupils

16 Peaches.

2½ Lbs. Sugar. }
Cloves. - } On hand.

1 Lemon.

4 Pint Jars with rings and cover. May need less jars.

Housekeeper No. 2 should place 8 peaches for each 8 pupils (4 pairs).

She should fill one bowlful of cold water for each 8 pupils for the girls to measure.

Fill one pan full of water and place it over a burner for 8 pupils to scald the peaches in.

Housekeeper should examine and sterilize 4 pint jars according to Directions on Home Page, Lesson 1.

Place sugar in bowls, 2 cups in each—one bowl for each 8 pupils (4 pairs).

Cut lemon in halves, one half on a saucer, one saucer for each 8 pupils (4 pairs).

Place cloves on saucers, 4 on each saucer, one saucer for each 8 pupils (4 pairs).

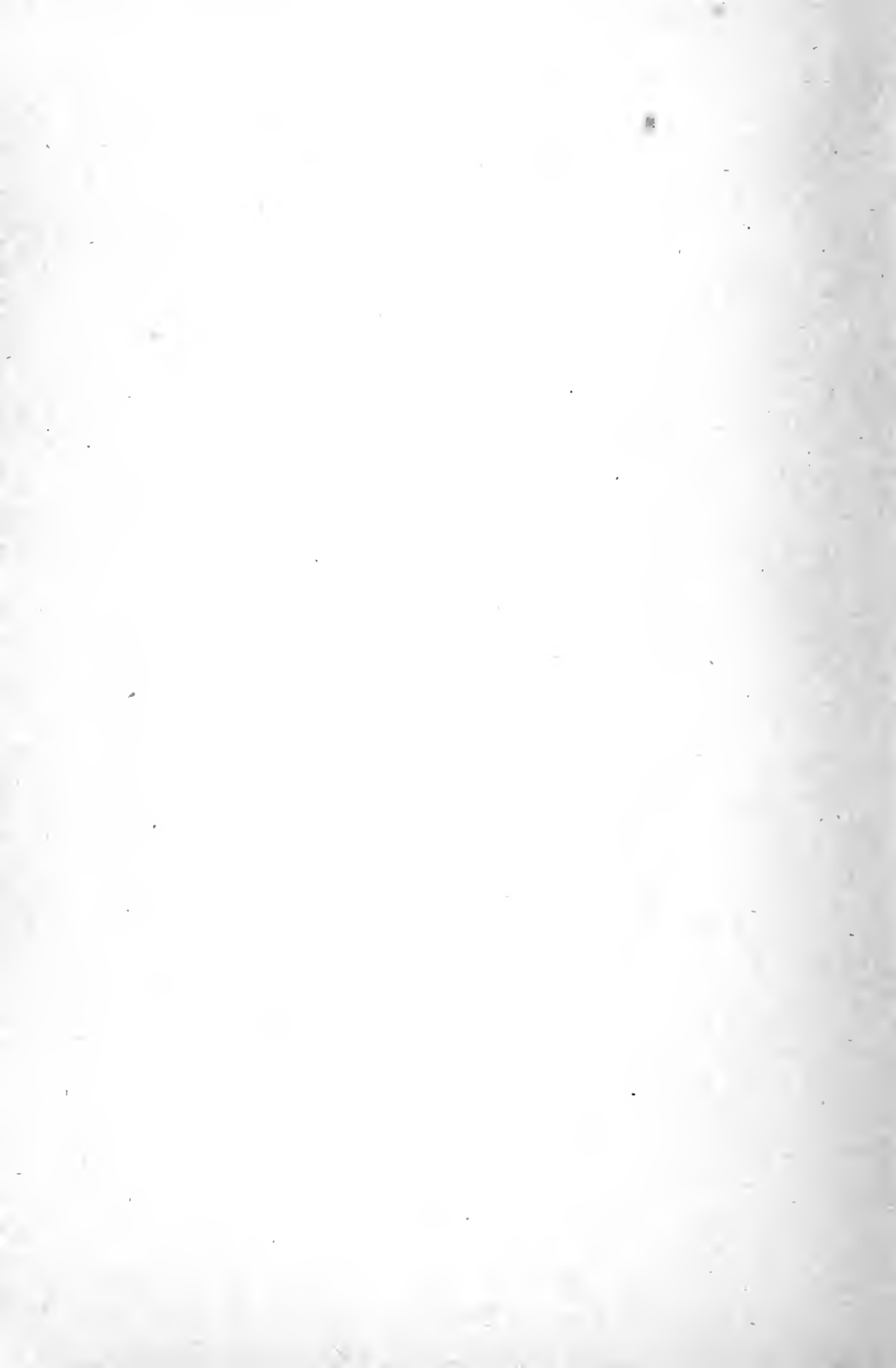
DISCUSSION:

This is another method of preserving fruit. The jars and covers must be perfectly sterilized and the fruit poured into the jars while hot that there may be no chance of bacteria getting into the jars. The jars should be filled to overflowing with the fruit and syrup and the sterilized covers screwed on securely.

NOTE. If peaches can not be obtained, some other fruit may be substituted, or the lesson may be postponed without disturbing the sequence of the work.

References:

U. S. Dept. of Agriculture. Bulletin—
No. 203. Canning Fruits, etc.



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 3.

You are really the teacher's assistant in this lesson, and the success of Lesson 3 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Scrambled Eggs and Bacon** today, let us see what we must order at the grocery store:

- 8 Eggs.
- $\frac{3}{4}$ Pint Milk.
- 16 Strips of Bacon.
- Salt. }
- Pepper. } On hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 3.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth (according to directions, already learned).

Place the food materials on work tables, at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

Wash and place the eggs on plates, 4 eggs on each plate—1 plate for each 8 pupils (4 pairs).

Pour the milk into bowls, $\frac{3}{4}$ cup in each, 1 bowlful for each 8 pupils (4 pairs).

Place bacon strips on plates, 8 on each plate, one plate for each 8 pupils (4 pairs).

Salt and pepper shakers should be filled.

Place one bowlful of water at each table.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 3.**SCRAMBLED EGGS AND PAN BROILED BACON.**

Market order for a class of **16** pupils

8 Eggs.

$\frac{3}{4}$ Pint Milk.

16 Strips of Bacon.

| | |
|---------|------------|
| Salt. | } On hand. |
| Pepper. | |

Housekeeper No. **2** should wash and place the eggs on plates—**4** eggs on each plate, one plate for each **8** pupils (**4** pairs).

Pour the milk into bowls, $\frac{3}{4}$ cups in each, one bowl for each **8** pupils, or **4** pairs.

Place bacon strips on plates, **8** on each plate—one plate for each **8** pupils (**4** pairs).

Salt and pepper shakers should be filled.

Place one bowlful of water at each table.

References:

Farmers' Bulletins. U. S. Dept. of Agriculture.

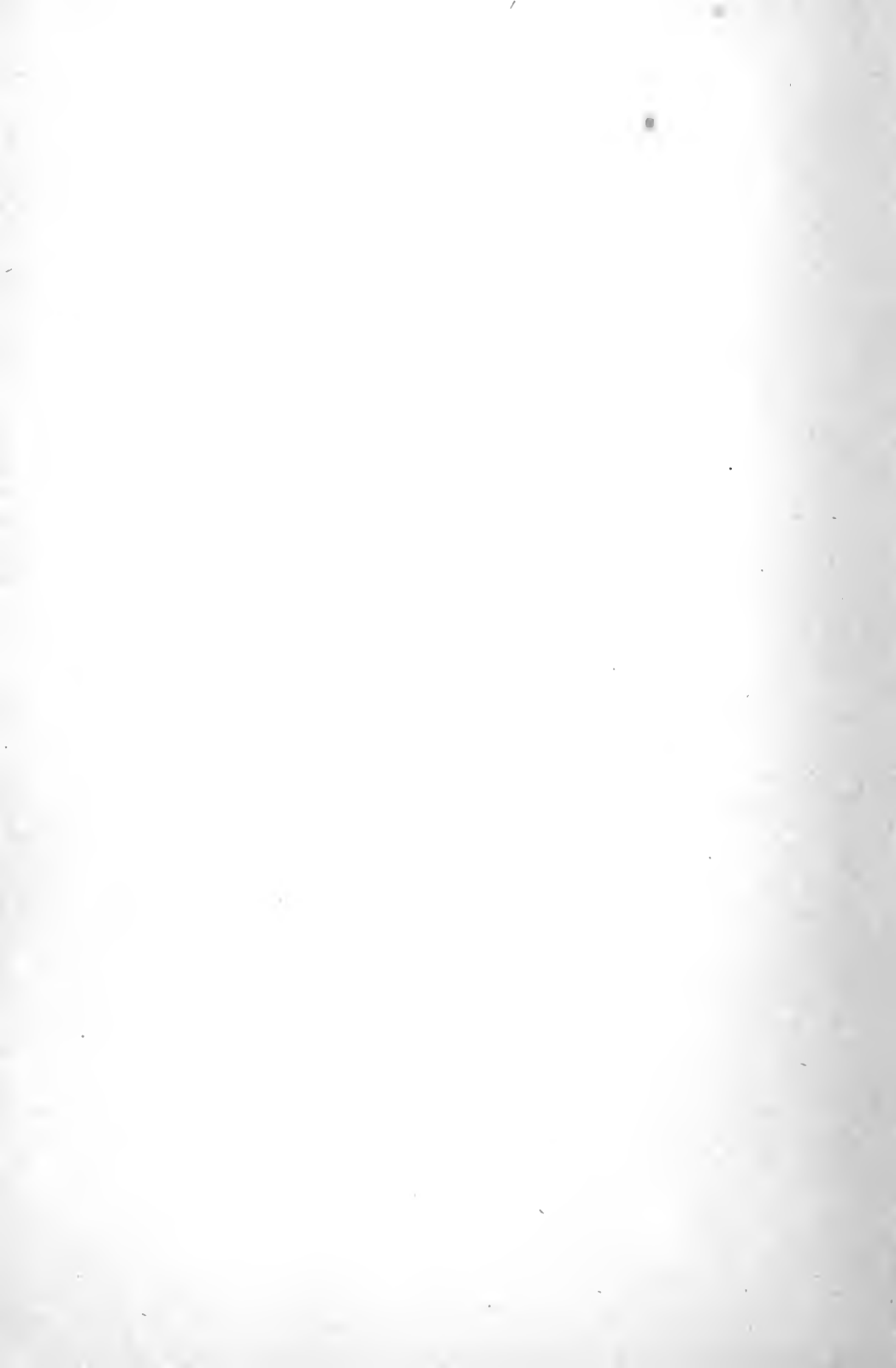
No. 87. Food Value of Eggs.

No. 103. Preserving Eggs.

No. 122. Selling Eggs by Weight.
Flavor of Eggs.

No. 190. Cost of Eggs in Winter.

No. 251. Fertility of Eggs.



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 4.

You are really the teacher's assistant in this lesson, and the success of Lesson 4 depends to a great extent on how you do your part of the work.

We must have all the necessary materials on hand to prepare **Caramel Custard**.

Market order for a class of 16 pupils:

- | | |
|---------------|------------|
| 1 Quart Milk. | |
| 4 Fresh Eggs. | |
| Sugar. | } On hand. |
| Salt. | |
| Vanilla. | |
| 2 Oz. Butter. | |

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned.

You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 4.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth (according to directions, Lesson 1).

Place the food material at convenient places on the work tables. Remember to furnish each eight pupils (four pairs) with the required quantity.

Divide the milk into double boilers, allowing 2 cupfuls in each—one double boiler placed over a burner for each 8 pupils (4 pairs).

Put 1 tbsp. of butter in each saucer, 1 saucer placed over the scalding milk for each 8 pupils (4 pairs).

Place the eggs on plates, allowing 2 on each—1 plate for each 8 pupils (4 pairs), or break eggs into bowls, one egg in each, allowing one bowl for each 2 pairs.

Put sugar into bowls, allowing $\frac{1}{2}$ cupful for each 8 pupils (4 pairs).

Place vanilla bottle where pupils can reach it easily.

Fill one baking pan $\frac{1}{4}$ full of hot water so the pupils can place their filled custard cups into it.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHERS FOR LESSON 4.**CARAMEL CUSTARD.**

Market order for a class of 16 pupils

1 Quart Milk.

4 Fresh Eggs.

Sugar.

Salt.

Vanilla.

} On hand.

2 Oz. Butter.

Housekeeper No. 2 should divide the milk into double boilers, allowing 2 cupfuls in each—one double boiler placed over a burner for each 8 pupils (4 pairs).

Put 1 tbsp. butter in each saucer, one saucer placed over the scalding milk for each 8 pupils (4 pairs).

Place the eggs on plates, allowing 2 on each—1 plate for each 8 pupils (4 pairs).

Put sugar into bowls, allowing $\frac{1}{2}$ cupful for each 8 pupils.

Place vanilla bottle where pupils can reach it easily.

Fill one baking pan $\frac{1}{4}$ full of hot water so the pupils can place their custard cups into it.

DISCUSSION:

All egg and milk mixtures should be cooked at a low temperature, as albumen coagulates at 134 deg. F.

If custard is baked too long or at too high a temperature, it will water.

Custard is baked when a clean cut can be made with a knife.

Pupils must be careful when caramelizing the sugar. First it will form lumps and then gradually melt.



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 5.

You are really the teacher's assistant in this lesson, and the success of Lesson 5 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Prune Whip** and **Custard Sauce** today, let us see what we must order at the grocery store:

Market order for a class of 16 pupils:

32 Prunes.

4 Eggs (strictly fresh).

$\frac{1}{4}$ Lb. Powdered Sugar.

1 Pint Milk.

Salt.

Vanilla.

Granulated Sugar.

} On hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one-half of the room according to the directions for "Dusting" already learned.

You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 5.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth (according to directions, already learned).

Place the food materials on work tables at convenient places, each to furnish **8** pupils (**4** pairs) with the necessary quantities.

Wash the prunes the day before the lesson, if possible. Cover them with cold water and let them soak over night. Next morning put them over the fire in the same water and let them cook gently until prunes are soft. Take them out of the water and place **16** prunes on a plate for each **8** pupils (**4** pairs).

You should place one small double boiler for each **2** pupils. Fill a bowlful of cold water for each table. Pour a cupful of milk in each bowl—one bowl for each **8** pupils (**4** pairs). Put powdered sugar into sauce plates—**4** tbs. in each, one sauce plate for each **8** pupils (**4** pairs). Put granulated sugar into bowls, **2** tbs. in each—one bowl for each **8** pupils.

Place the vanilla bottle where the pupils can reach it easily. Break the eggs—two yolks into a bowl, **2** whites onto a plate. Place one bowl for each **8** pupils.

Beat the two whites on each plate (one plate for each **8** pupils) with a wire whisk beater until frothy, so the girls can measure it easily.

Do not beat the whites until the beginning of the lesson.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. **1** used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHERS FOR LESSON 5.**PRUNE WHIP AND CUSTARD SAUCE.**

Market order for a class of 16 pupils

32 Prunes.

4 Eggs (strictly fresh).

$\frac{1}{4}$ Lb. Powdered Sugar.

1 Pint Milk.

Salt.

Vanilla.

Granulated Sugar.

} On hand.

Wash the prunes the day before the lesson, if possible. Cover them with cold water and let soak over night. Next morning put them over the fire in the same water and let them cook gently until the prunes are soft. Take them out of the water and place 16 prunes on a plate, 1 plate for each 8 pupils (4 pairs).

Housekeeper No. 2 should place one small double boiler for each 2 pupils.

Fill a bowlful of cold water for each table.

Pour a cupful of milk in each bowl—1 bowl for each 8 pupils (4 pairs).

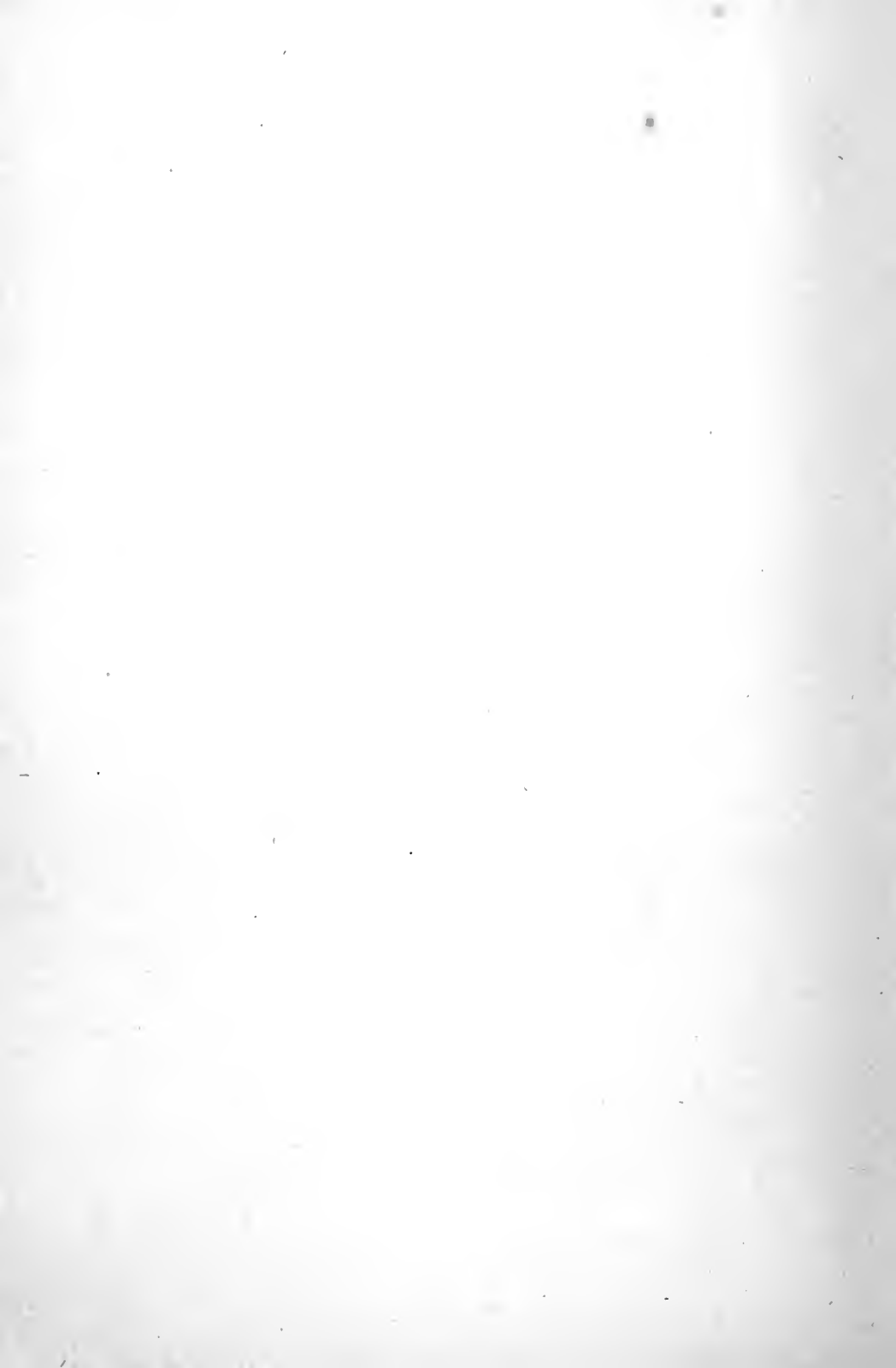
Put powdered sugar into sauce plates, 4 tbsp. in each—one sauce plate for each 8 pupils (4 pairs).

Put granulated sugar into bowls, 2 tbsp. in each—1 bowl for each 8 pupils (4 pairs).

Place the vanilla bottle where the pupils can reach it easily.

Break the eggs, 2 yolks into a bowl, 2 whites onto a plate; place 1 bowl of yolks for each 8 pupils.

Beat the 2 whites on each plate—1 plate for each 8 pupils—with wire whisk beater, until frothy, so the girls can measure it easily. Do not beat the whites until at the beginning of the lesson.



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 6.

You are really the Teacher's assistant in this lesson and the success of Lesson 6 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Sponge Cake** today, let us see what we need for a class of sixteen pupils. If there are more or less than sixteen in the class, we must order in proportion to the number of pupils.

8 Fresh Eggs.

1 Lb. Sugar.

1 Pkg. Cornstarch.

Flour, Baking Powder, Salt and Vanilla on hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.**HOUSEKEEPER'S DIRECTIONS FOR LESSON 6.**

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

You should place 4 eggs on a plate—one plate for each 8 pupils, or 4 pairs.

Divide the sugar in bowls—one bowl for each 8 pupils, or 4 pairs.

Divide the cornstarch in bowls—one bowl for each 8 pupils, or 4 pairs.

Place the flour, baking powder and vanilla where all pupils can reach them easily.

Place a baking sheet on which to put bread tins containing cake mixture, one for each 8 pupils, or 4 pairs.

Light the ovens, and test the oven with a piece of letter paper, which should turn a light yellow in five minutes, when oven is right for sponge cake mixtures.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 6.**SPONGE CAKE**

Market Order for class of **16** pupils:

8 Fresh Eggs.

1 Lb. Sugar.

1 Pkg. Cornstarch.

Flour, Baking Powder, Salt and Vanilla on hand.

Housekeeper No. **2** should place **4** eggs on a plate—**1** plate for each **8** pupils, or **4** pairs.

Divide the sugar in bowls—**1** bowl for each **8** pupils, or **4** pairs.

Divide the cornstarch in bowls—**1** bowl for each **8** pupils, or **4** pairs.

Place the flour, baking powder and vanilla where all pupils can reach them easily.

Place a baking sheet on which to put bread tins containing cake mixture, **1** for each **8** pupils, or **4** pairs.

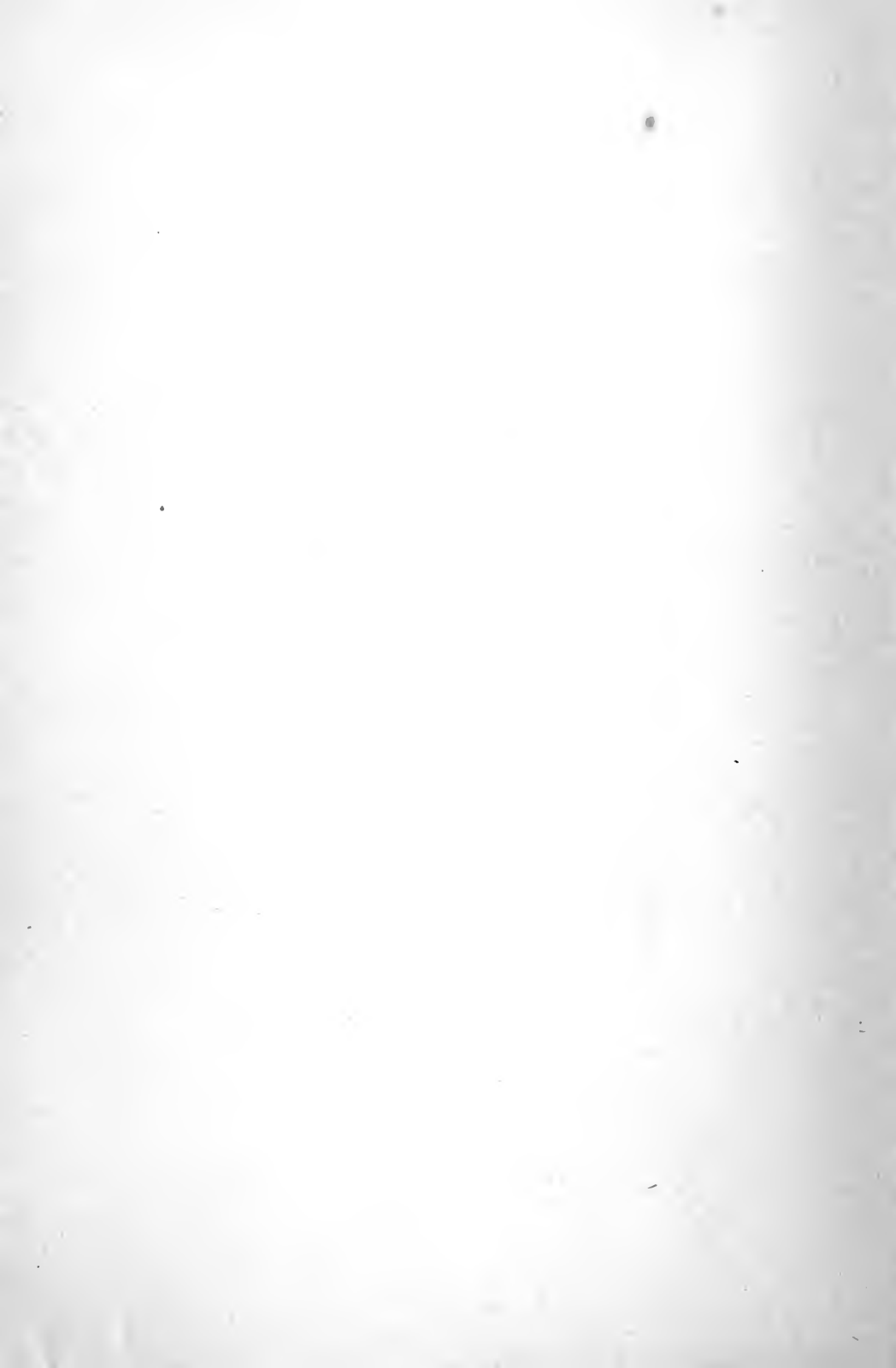
Light the ovens, and test the oven with a piece of letter paper which should turn a light yellow in five minutes, when oven is right for sponge cake mixtures.

NOTE:

A review on air in relation to cookery should be given. Omelet mixture is very much like a sponge cake mixture.

REFERENCES:

U. S. Department of Agriculture. Bulletin No. **87**.



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 7.

You are really the teacher's assistant in this lesson, and the success of Lesson 7 depends to a great extent on how you do your part in the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Cottage Cheese and Junket**, let us see what we must order at the grocery store for class of 16 pupils:

- 2 Quarts Sour Milk.
 - 1 Quart Sweet Milk.
 - $\frac{1}{4}$ Pint Thick Cream.
 - 1 Pkg. Junket Tablets (Christian Hansen's).
 - Salt.
 - Granulated Sugar.
 - Vanilla.
- } On hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned.

You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 7.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth (according to directions, Lesson 1).

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

You should provide sour milk. If sour cannot be purchased, buy sweet milk three or four days in advance of the lesson. Put it away in a warm place and let it sour. The cream may be skimmed from the milk and beaten with a Dover egg-beater until butter is formed. Work a little salt into the butter.

Put 1 quart of sour milk into each bowl. One bowl for each 8 pupils.

Put 1 pint of sweet milk into each bowl. One bowl for each 8 pupils.

Put cream into sauce plates, 3 tbsp. in each—one sauce plate for each 8 pupils.

One junket tablet for each 8 pupils.

Sugar on sauce plates, one for each 8 pupils.

Place vanilla bottle where all pupils may reach it easily.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTION TO TEACHER FOR LESSON 7.**COTTAGE CHEESE AND JUNKET.**

Market order for a class of 16 pupils

2 Quarts Sour Milk.

1 Quart Sweet Milk.

$\frac{1}{4}$ Pint Thick Cream.

1 Pkg. Junket Tablets (Christian Hansen's).

Salt.

Granulated Sugar. } On hand.

Vanilla. }

Housekeeper No. 2 should provide sour milk. If sour milk cannot be purchased, buy sweet milk three or four days in advance of the lesson. Put it away in a warm place and let it sour. The cream may then be skimmed from the milk and beaten with a Dover egg-beater until butter is formed.

Put 1 quart of sour milk in each bowl—1 bowl for each 8 pupils, or 4 pairs.

Put 1 pint of sweet milk in each bowl—1 bowl for each 8 pupils, or 4 pairs.

Put cream into sauce plates, 3 tbsp. in each—1 sauce plate for each 8 pupils, or 4 pairs.

One junket tablet for each 8 pupils, or 4 pairs.

Sugar on sauce plates, 1 sauce plate for each 8 pupils, or 4 pairs.

Place vanilla bottle where all pupils may reach it easily.

References:

Farmers' Bulletins. U. S. Dept. of Agriculture.

No. 29. Souring of Milk.

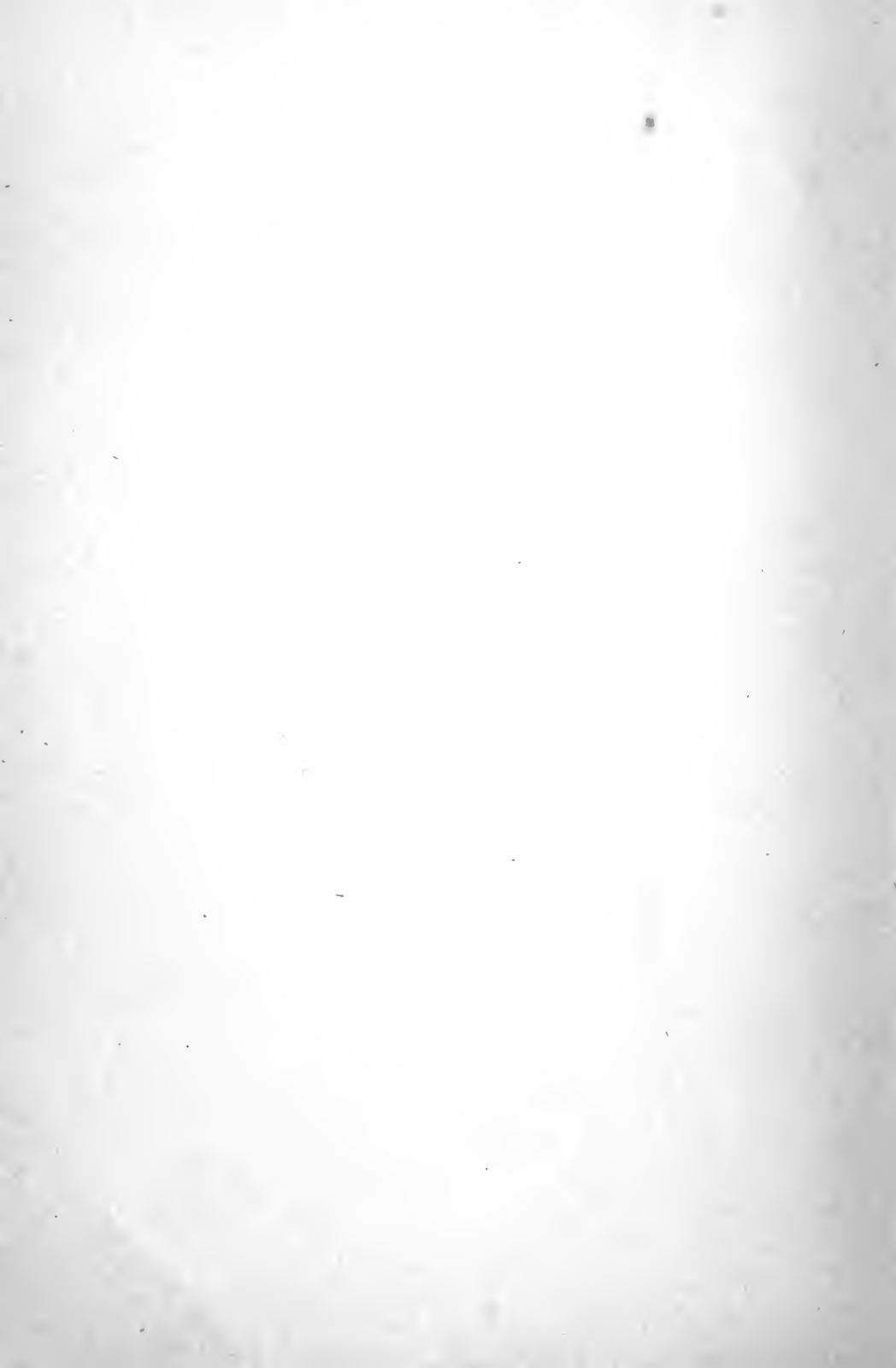
No. 42. Facts About Milk.

No. 63. Care of Milk on the Farm.

No. 363. Use of Milk as Food.

No. 413. The Care of Milk and Its Use in the Home.

No. 244. Food Value of Cottage Cheese.



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 8.

You are really the teacher's assistant in this lesson, and the success of Lesson 8 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Cheese Straws** for a class of 16 pupils today, let us see what we must order at the grocery store:

Market order for a class of 16 pupils:

- 1 Loaf Stale Bread.
- 2 Oz. Butter.
- $\frac{1}{2}$ Lb. Stale American Cheese.
- $\frac{1}{4}$ Pint Milk.
- Flour. }
- Salt. } On hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.**HOUSEKEEPER'S DIRECTIONS FOR LESSON 8.**

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth (according to directions, already learned).

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

You should cut the bread into 16 chunks. Put on plates—8 chunks on a plate for each 8 pupils.

Cut the cheese into 8 pieces, 4 pieces on a plate—1 plate for each 8 pupils.

Divide the milk, 2 tbsp. for each 8 pupils.

Divide the butter, 1 tbsp. for each 8 pupils.

Grease a baking sheet, place one for each 8 pupils.

Light the oven at the beginning of the lesson.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 8.**CHEESE STRAWS.**

Market order for a class of **16** pupils

1 Loaf Stale Bread.

2 Oz. Butter.

$\frac{1}{2}$ Lb. Stale American Cheese.

$\frac{1}{4}$ Pint Milk.

| | |
|--------|------------|
| Flour. | } On hand. |
| Salt. | |

The bread and cheese may be ordered the week before, so that they may both be stale for the lesson.

Housekeeper No. **2** should cut the bread into **16** chunks and put on plates, **8** chunks on a plate for each **8** pupils.

Cut the cheese into **8** pieces, **4** pieces on a plate—**1** plate for each **8** pupils.

Divide the milk, **2** tbsp. for each **8** pupils.

Divide the butter, **1** tbsp. for each **8** pupils.

Grease a baking sheet, place one for each **8** pupils.

Light the oven at the beginning of the lesson.

References:

U. S. Dept. of Agriculture Farmers' Bulletin:

No. 92. Pure Cultures of Bacteria for Cheese-Making.

No. 144. Curing Cheese.

No. 166. Making of Cheese on the Farm.



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 9.

You are really the teacher's assistant in this lesson, and the success of Lesson 9 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Ice Cream** today, let us see what we must order at the grocery store:

Market order for a class of **16** pupils:

1 Quart Cream.

1 Bottle Vanilla.

Sugar on hand.

1 Cake Ice.

Rock Salt, 5 cents.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned.

You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.**HOUSEKEEPER'S DIRECTIONS FOR LESSON 9.**

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish **8** pupils (**4** pairs) with the necessary quantities.

You should pour the cream into bowls. One pint in each, one for each **8** pupils.

Place vanilla bottle where pupils can reach it easily.

The school janitor should crush one cake of ice in an old bag or box.

Place the rock salt in big bowls.

Place one dishpan at each table. Cover the bottom and sides with paper so that the ice and salt will not injure it. All the pupils at one table should put their ice and salt in this pan, each child preparing her own portion of cream.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather all that may be left over and can be used. Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 9**ICE CREAM.**

Market order for a class of 16 pupils.

1 Quart Cream.

1 Bottle Vanilla.

Sugar on hand.

1 Cake Ice.

Rock Salt, 5 cents.

Housekeeper No. 2 should pour the cream into bowls, 1 pint in each—one bowl for each 8 pupils (4 pairs).

Place vanilla bottle where pupils can reach it easily.

The school janitor should crush one cake of ice in an old bag or box.

Place the rock salt in big bowls. (Any kind of salt will do.)

Place one dishpan at each table. Cover the bottom and sides with paper so that the ice and salt will not injure it. All the pupils at one table should add their ice and salt in this pan, each child preparing her own portion of cream.

One of the cans of peaches may be opened and the fruit served with the ice cream.

References:

Farmers' Bulletins—

No. 237. Care of Cream on the Farm.

No. 384. Whipped Cream.



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 10.

You are really the teacher's assistant in this lesson, and the success of Lesson 10 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Broiled Steak** today, let us see what we need for a class of sixteen pupils. If there are more or less than sixteen in the class, we must order in proportion to the number of pupils.

$\frac{3}{4}$ Lb. Beef from the lower part of round.

1 Lb. Sirloin cut 1 inch thick.

1 Onion.

Salt and pepper on hand.

$\frac{1}{4}$ Pint Milk.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned.

You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear **water**. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.**HOUSEKEEPER'S DIRECTIONS FOR LESSON 10.**

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish **8** pupils (**4** pairs) with the necessary quantities.

You should force the beef from the round through the food chopper.

Divide it into bowls—one bowl for each **8** pupils.

Cut the sirloin into **8** equal pieces. Put **4** pieces on a plate—one plate for each **8** pupils (**4** pairs).

Divide suet into **16** little pieces. Place **8** pieces on each saucer, one saucer for each **8** pupils.

Divide onion (if used) into halves, one half on a saucer—one saucer for each **8** pupils.

Put milk into saucers or small bowls or custard cups—**2** tbsp. for each **8** pupils.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. **1** used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 10.**BROILED STEAK.**

Market order for a class of **16** pupils

$\frac{3}{4}$ Lb. Beef from the lower part of round.

1 Lb. Sirloin cut **1** inch thick.

1 Onion.

Salt and pepper on hand.

$\frac{1}{4}$ Pint Milk.

If there is not enough suet with the meat, buy **2** cents' worth.

Housekeeper No. **2** should force the beef from the round thru the food chopper.

Divide it into bowls—one bowl for each **8** pupils.

Cut the sirloin into **8** equal pieces. Put **4** pieces on a plate—one plate for each **8** pupils, or **4** pairs.

Divide suet into **16** little pieces. Place **8** pieces on each saucer for each **8** pupils.

Divide onion (if used) into halves, one half on a saucer—one saucer for each **8** pupils.

Put milk into saucers or small bowls or custard cups—**2** tbsp. for each **8** pupils.

References:

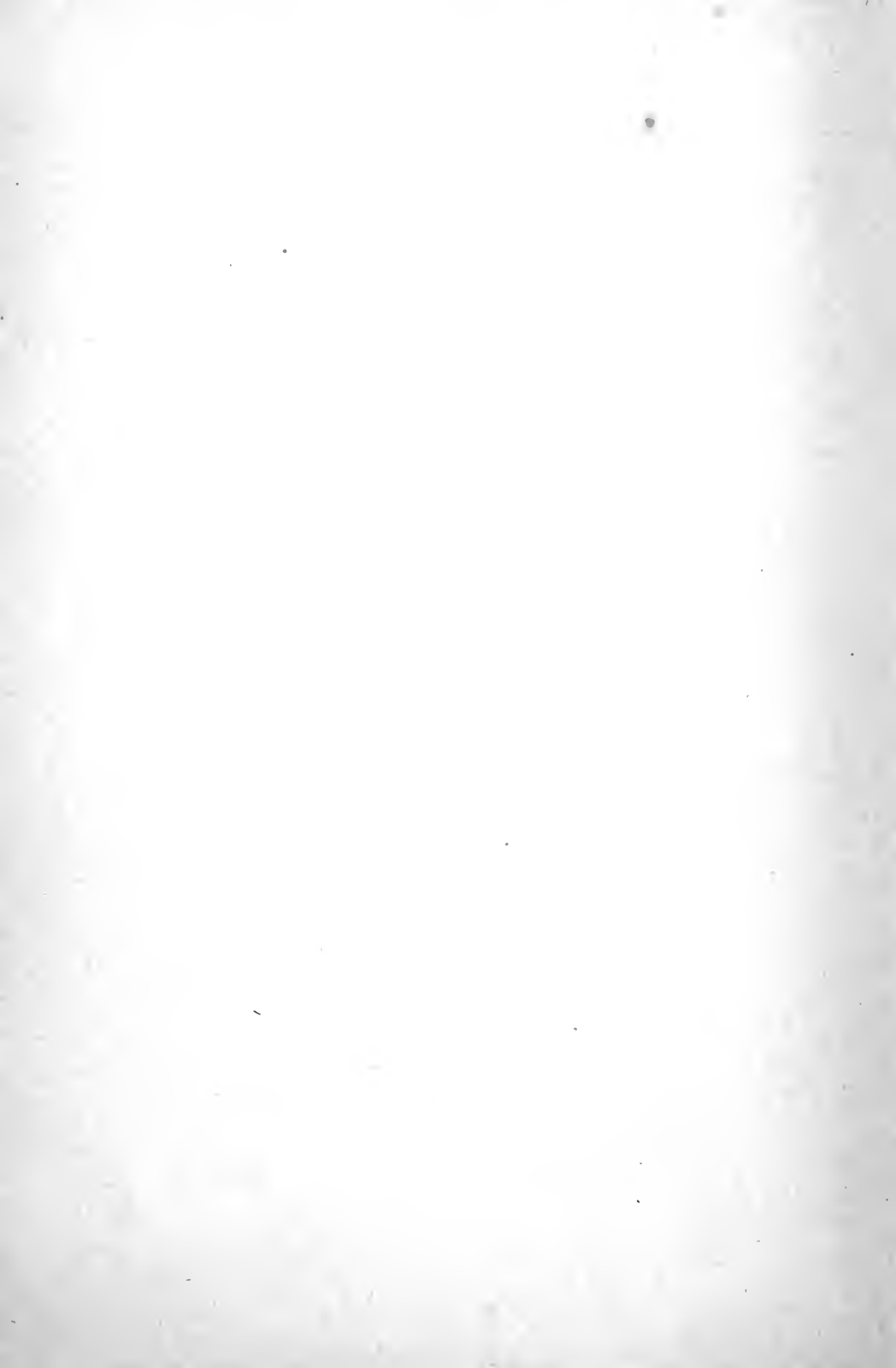
Farmers' Bulletin, U. S. Government:

No. 34. Composition and Cooking Meat.

No. 162. Cooking Meat.

No. 193. Cooking Meat.

No. 102. Losses in Cooking Meat.



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 11.

You are really the teacher's assistant in this lesson, and the success of Lesson 11 depends to a great extent on how you do your part of the work.

We must have all the necessary materials on hand. As we are going to prepare **Soup Stock** today, we must order at the grocery store:

1½ Lbs. of Meat and Bone.

Suet, 5 cents.

1 Turnip.

1 Large Carrot.

1 Onion.

Pepper Corns.

Salt.

Pepper.

1 Egg.

} On hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned.

You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.**HOUSEKEEPER'S DIRECTIONS FOR LESSON 11.**

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

Cut the meat into equal pieces, allowing 1 piece of meat for each two pupils.

Put meat onto plates, 4 pieces on each—one plate for each 4 pairs.

Cut the suet in the same way and put on the same plates.

Wash turnip, carrot, and cut into slices, 4 slices of each on a saucer—1 saucer for each 8 pupils (4 pairs).

Cut the onion into slices, two slices on a saucer—1 saucer for each 4 pairs.

Put the pepper corns on the saucers.

See that the salt and pepper shakers are filled.

Beat the white of an egg slightly for clearing the soup. Put $\frac{1}{2}$ beaten white on a saucer—1 saucer for each 8 pupils (4 pairs).

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 11.**SOUP STOCK.**

Market order for a class of 16 pupils

1½ Lbs. of Meat and Bone.

Suet, 5 cents.

1 Turnip.

1 Large Carrot.

1 Onion.

| | |
|---------------|------------|
| Pepper Corns. | } On hand. |
| Salt. | |
| Pepper. | |

1 Egg.

Housekeeper No. 2 should cut the meat into equal pieces, allowing one piece of meat for each two pupils.

Put meat onto plates, 4 pieces on each—one plate for each 4 pairs.

Cut the suet in the same way and put on the same plates.

Wash turnip, carrot, and cut into slices, 4 slices of each on a saucer—1 saucer for each 8 pupils (4 pairs).

Cut the onion into slices, two slices on a saucer—1 saucer for each 4 pairs.

On these saucers put the pepper corns.

See that the salt and pepper shakers are filled.

Beat the white of an egg slightly for clearing the soup. Put ½ beaten white on a saucer—1 saucer for each 8 pupils (4 pairs).



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 12.

You are really the teacher's assistant in this lesson, and the success of Lesson 12 depends to a great extent on how you do your part of the work.

First: We must have all of the necessary materials on hand. As we are going to prepare **Beef a la Mode**, let us see what we must order for the lesson:

2 Lbs. of Round Beef (cut from the lower part).

Piece of Suet that may be cut into eight **1** inch pieces.

1 Carrot.

1 Turnip.

2 Onions.

4 Potatoes.

Salt

Pepper.

Flour.

} On hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned.

You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 12.

If your room is furnished with a water heater, light it.

Dust one-half the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

Cut the meat into 8 pieces.

Put pieces of meat on plates, 4 pieces on each—1 plate for each 8 pupils (4 pairs).

Cut suet into 8 pieces and lay on the sauce plates.

Wash the carrot, turnip and potatoes.

Cut carrot and turnip into slices.

Cut the potatoes into halves.

Put 4 turnips and 4 carrot slices and 4 potato halves and one onion on each plate—1 plate for each 8 pupils (4 pairs).

Put one bowl of water at each table.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, scapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 12.**BEEF A LA MODE.**

Market order for class of sixteen pupils.

2 Lbs. of Round Beef (cut from the lower part).

Piece of Suet that may be cut into eight **1** inch pieces.

1 Carrot.

1 Turnip.

2 Onions.

4 Potatoes.

| | |
|---------|------------|
| Salt | } On hand. |
| Pepper. | |
| Flour. | |

Housekeeper No. **2** should cut the meat into **8** pieces.

Put pieces of meat on plates, **4** pieces on each—**1** plate for each **8** pupils, (**4** pairs).

Cut suet into **8** pieces and lay on the sauce plates.

Wash the carrot, turnip and potatoes.

Cut carrot and turnip into slices.

Cut the potatoes into halves.

Put **4** turnip and **4** carrot slices and **4** potato halves and one onion on each plate—**1** plate for each **8** pupils (**4** pairs).

Put one bowl of water at each table.

The girls should begin work right away, as it takes at least an hour to cook the meat.

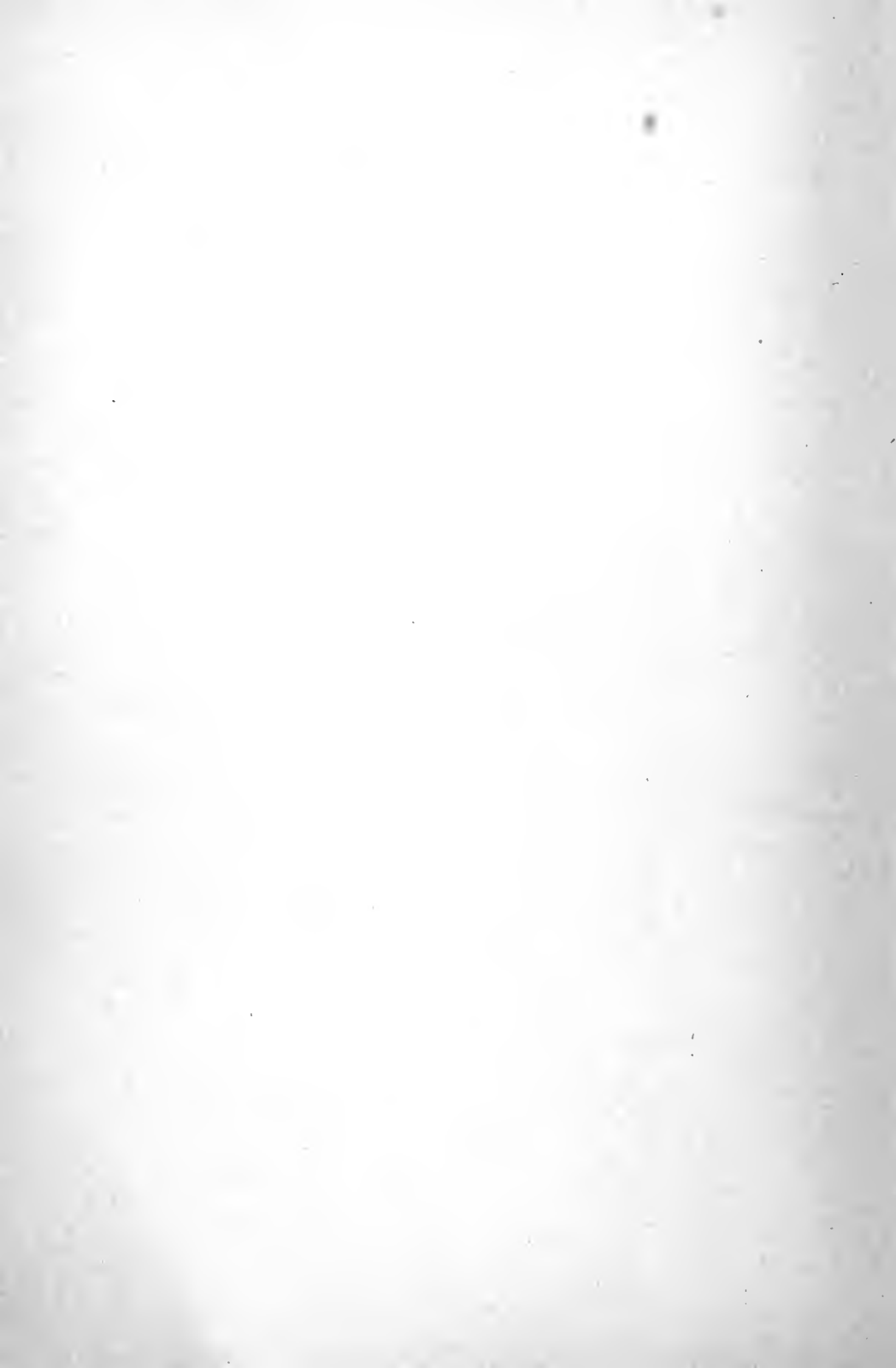
The Study Lesson may be gone over while the meat is cooking.

References:

U. S. Bulletin—

No. 193. Studies of the Effect of Different Methods of Cooking upon the Thoroughness and Ease of Digestion of Meat.

No. 391. Economical Uses of Meat in the Home.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.**HOUSEKEEPER'S DIRECTIONS FOR LESSON 13.**

You are really the teacher's assistant in this lesson, and the success of Lesson 13 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand.

Market order for a class of sixteen pupils:

1 Lb. Veal cut very thin (about $\frac{1}{4}$ inch slices) from the round.

1 Loaf Stale Bread.

Veal Fat, 5 cents,

or

Butter, 1-5 Pound.

1 Onion.

1 Pint Milk.

Flour.

Salt.

Pepper.

Celery Salt.

} On hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned.

You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.**HOUSEKEEPERS' DIRECTIONS FOR LESSON 13.**

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

Wipe the meat and cut it into pieces 2 x 3 inches; put 4 of these on each plate—1 plate for each 4 pairs.

Cut the bread into 16 chunks, 8 chunks on a plate—1 plate for each 4 pairs.

Melt the fat or butter (whichever is used) in the top part of double boilers placed over lower part filled 1-3 full of hot water—1 for each 8 pupils, or 4 pairs.

Cut the onion into halves, $\frac{1}{2}$ on each saucer—1 saucer for each 8 pupils (4 pairs).

Place the celery salt shaker where the girls can reach it easily.

Empty the milk into bowls, one cupful in each—1 bowl for each 8 pupils.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 13.**VEAL BIRDS.**

Market order for a class of **16** pupils

1 Lb. of Veal cut very thin from the fleshy part of the round, about one-fourth inch slices.

1 Loaf Stale Bread.

Veal Fat, **5** cents,

or

Butter, **1-5** Pound.

1 Onion.

1 Pint Milk.

Flour.

Celery Salt.

Pepper.

Salt.

} On hand.

Housekeeper No. **2** should wipe the meat and cut it into pieces **2 x 3** inches

Put **4** of these on each plate—**1** plate for each **4** pairs.

Cut the bread into **16** chunks, **8** chunks on a plate—**1** plate for each **4** pairs.

Melt the fat or butter (whichever is used) in the top part of double boilers placed over lower part filled **1-3** full of hot water—**1** for each **8** pupils, or **4** pairs.

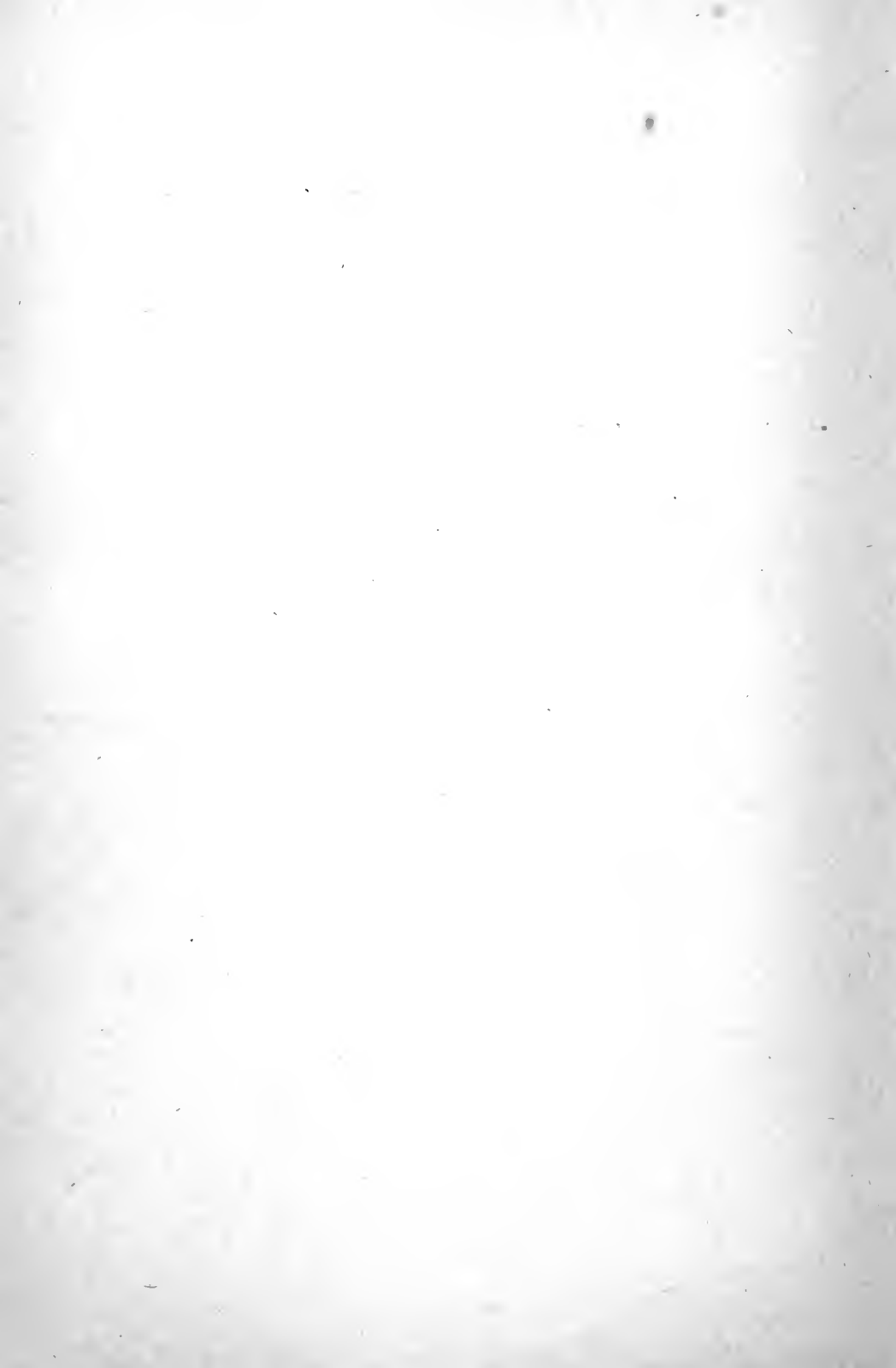
Cut the onion into halves, $\frac{1}{2}$ on each saucer—**1** saucer for each **8** pupils, or **4** pairs.

Place the celery salt shaker where the girls can reach it easily.

Empty the milk into bowls, one cupful in each—**1** bowl for each **8** pupils.

DISCUSSION:

The fact that veal should be thoroughly cooked should be emphasized. It is immature meat, and is less digestible than older meat like beef and mutton.



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 14.

You are really the Teachers' assistant in this lesson, and the success of Lesson 14 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Boiled Fish** today, let us see what we need for a class of 16 pupils. If there are more or less than 16 in the class, we must order in proportion to the number of pupils.

- 8 Slices of Fish.
 - 1 Lemon.
 - $\frac{1}{2}$ Pt. Vinegar.
 - 2 Oz. Butter.
 - 4 Eggs.
 - Salt.
 - Pepper.
 - Flour.
- } On hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned.

You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 14.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish **8 pupils (4 pairs)** with the necessary quantities.

Put the pieces of fish on plates, **4 pieces on each—1 plate for each 8 pupils (4 pairs).**

Extract the lemon juice into custard cups, allowing the juice of one-half lemon in each custard cup—**1 custard cup for each 8 pupils (4 pairs).**

Put the butter into saucers, **2 tbsp. in each—1 saucer for each 8 pupils (4 pairs).**

Pour the vinegar into jelly glasses, **1 tbsp. in each—1 glass for each 8 pupils (4 pairs).**

Break the eggs, **2 yolks in each saucer—1 saucer for each 8 pupils (4 pairs).**

See that the salt, pepper and flour shakers are filled.

Place a bowl of water at each table.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 14.**BOILED FISH.**

Market order for a class of 16 pupils

8 Slices of fish in season.

1 Lemon.

$\frac{1}{2}$ Pint Vinegar.

2 Oz. Butter.

4 Eggs.

Salt.

Pepper. } On hand.

Flour. }

HOUSEKEEPER No. 2 should put the pieces of fish on plates, 4 pieces on each—1 plate for each 8 pupils (4 pairs).

Extract the lemon juice into custard cups, allow the juice of one-half lemon in each custard cup—1 custard cup for each 8 pupils (4 pairs).

Put the butter into saucers, 2 tbsp. in each—one saucer for each 8 pupils (4 pairs).

Pour the vinegar into jelly glasses, 1 tbsp. in each—one glass for each 8 pupils (4 pairs).

Break the eggs, 2 yolks in each saucer, one saucer for each 8 pupils (4 pairs).

See that the salt, pepper and flour shakers are filled.

Place a bowl of water at each table.

DISCUSSION:

The fact that stale fish is injurious should be emphasized and that fresh fish is nourishing and easily digested, especially the white-fleshed kind. An acid will coagulate albumen, so when vinegar or lemon juice is added to the water in which fish is to be cooked it will make the flesh firm.—Farmers' Bulletin No. 85—Fish as Food.



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 15.

You are really the Teacher's assistant in this lesson and the success of Lesson 15 depends to a great extent on how you do your part of the work.

First: We must have all of the necessary materials on hand. As we are going to prepare **Scalloped Oysters**, let us see what we must order for the Lesson.

Market order for a class of 16 pupils:

1½ Pts. Oysters.

Crackers—5 cents.

3 Oz. Butter.

Salt.

Pepper. } On hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned.

You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.**HOUSEKEEPER'S DIRECTIONS FOR LESSON 15.**

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Divide oysters and liquor into bowls, allowing $\frac{3}{4}$ pint in each, 1 bowl for each 8 pupils (4 pairs).

Put crackers on plates, allowing about 12 on a plate—1 plate for each 8 pupils (4 pairs).

Put butter into saucers, 3 tbsp. on each—1 saucer for each 8 pupils (4 pairs).

Light the baking oven just as the girls begin work.

Place a bowl of water at each table for the girls to dip their oysters into.

Place a baking sheet at each table for the girls to put their custard cups onto.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 15.**SCALLOPED OYSTERS.**

Market order for a class of sixteen pupils

11½ Pts. Oysters.

Crackers—5 cents.

3 Oz. Butter.

Salt. }
Pepper. } On hand.

Housekeeper No. 2 should divide oysters and liquor into bowls, allowing ¾ pint in each—1 bowl for each 8 pupils (4 pairs).

Put crackers on plates, allowing about 12 on a plate—1 plate for each 8 pupils (4 pairs).

Put butter into saucers, 3 tbsp. in each—1 saucer for each 8 pupils (4 pairs).

Light the baking oven just as the girls begin work.

Place a bowl of water at each table for the girls to dip their oysters into.

Place a baking sheet at each table for the girls to put their custard cups onto.

REFERENCES:

Average Composition of American Foods—U. S. Bulletin No. 28.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 16.

You are really the teacher's assistant in this lesson, and the success of Lesson 16 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Fruit Jelly**, let us see what we must order for the lesson.

Market order for a class of 16 pupils:

3 packages Knox Granulated Gelatine (enough for **2** classes).

3 large Lemons, or **4** small ones.

2 Bananas.

4 Figs.

Sugar (on hand).

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned.

You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear **water**. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 16.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

Open 2 gelatine packages ; put contents in saucers, 4 rounding teaspoons for each 8 pupils (4 pairs).

Squeeze juice out of 3 lemons into custard cups, juice of $1\frac{1}{2}$ in each—1 custard cup for each 8 pupils (4 pairs).

Place 4 half figs in each saucer, 1 saucer for each 8 pupils (4 pairs)—place 1 banana on each.

Put sugar in bowls, about $\frac{1}{2}$ cupful in each—1 for each 8 pupils (4 pairs).

Fill 1 saucepan with boiling water for each 8 pupils (4 pairs).

Place 1 bowl of cold water for each 8 pupils (4 pairs).

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 16.**FRUIT JELLY.**

Market order for a class of 16 pupils

3 packages Knox Granulated Gelatine, enough for two Lessons.

3 large Lemons, or 4 small ones.

2 Bananas.

4 Figs.

Sugar (on hand).

Housekeeper **No. 2** should open two gelatine packages, put contents in saucer; 4 rounding teaspoonfuls for each 8 pupils (4 pairs).

Squeeze juice out of 3 lemons into custard cups, juice of $1\frac{1}{2}$ in each—1 custard cup for each 8 pupils (4 pairs).

Place 4 half figs in each saucer, one saucer for each 8 pupils (4 pairs); place 1 banana on each.

Put sugar in bowls—about $\frac{1}{2}$ cupful in each one for each 8 pupils (4 pairs).

Fill 1 saucepan, filled with boiling water for each 8 pupils (4 pairs).

Place 1 bowl of water for each 8 pupils (4 pairs).

DISCUSSION:

Overheated gelatine will not stiffen on cooling; so pupils should be warned not to boil gelatine mixtures. The gelatine should be soaked in cold water (hydrated), then dissolved either in boiling water or over it. It should be free from any gelatine specks; that is, completely dissolved, before combined with other ingredients—otherwise mixture will not stiffen.

REFERENCES:

Boston Cooking School Magazine, December, 1911., Page 244.



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 17.

You are really the teacher's assistant in this lesson, and the success of Lesson 17 depends to a great extent on how you do your part of the work.

First: We must have all of the necessary materials on hand. As we are going to prepare **Lemon Pudding with Whipped Cream**, let us see what we must order for the Lesson.

Market order for a class of 16 pupils:

Gelatine (if none is left from last lesson).

8 Fresh Eggs.

2 Lemons.

1 Pint Heavy Cream.

Sugar.

Vanilla. } On hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned.

You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and **hang them up to dry.**

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 17

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place 1 bowl of cold water for each 8 pupils (4 pairs).

Place 4 eggs on each plate, one plate for each 8 pupils (4 pairs). Put 1 lemon on each plate of eggs.

Pour 1 cupful heavy cream in each bowl—one bowl for each 8 pupils (4 pairs).

Place vanilla bottle where all can reach it easily.

Put sugar in bowls, $\frac{1}{2}$ cup in each—one bowl for each 8 pupils (4 pairs).

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather all that may be left over and can be used. Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHERS FOR LESSON 17.**LEMON PUDDING WITH WHIPPED CREAM.**

Market order for a class of 16 pupils

Gelatine (should be enough left from previous Lesson). This Lesson requires $1\frac{1}{2}$ boxes of Knox Gelatine.

8 Fresh Eggs.

2 Lemons.

1 Pint Heavy Cream.

| | |
|----------|------------|
| Sugar. | } On hand. |
| Vanilla. | |

Housekeeper **No. 2** should place one bowl of cold water for each 8 pupils (4 pairs).

Place 4 eggs on each plate, one plate for each 8 pupils (4 pairs). Put 1 lemon on each plate of eggs.

Pour 1 cupful heavy cream in each bowl—1 bowl for each 8 pupils (4 pairs).

Place vanilla bottle where all can easily reach it.

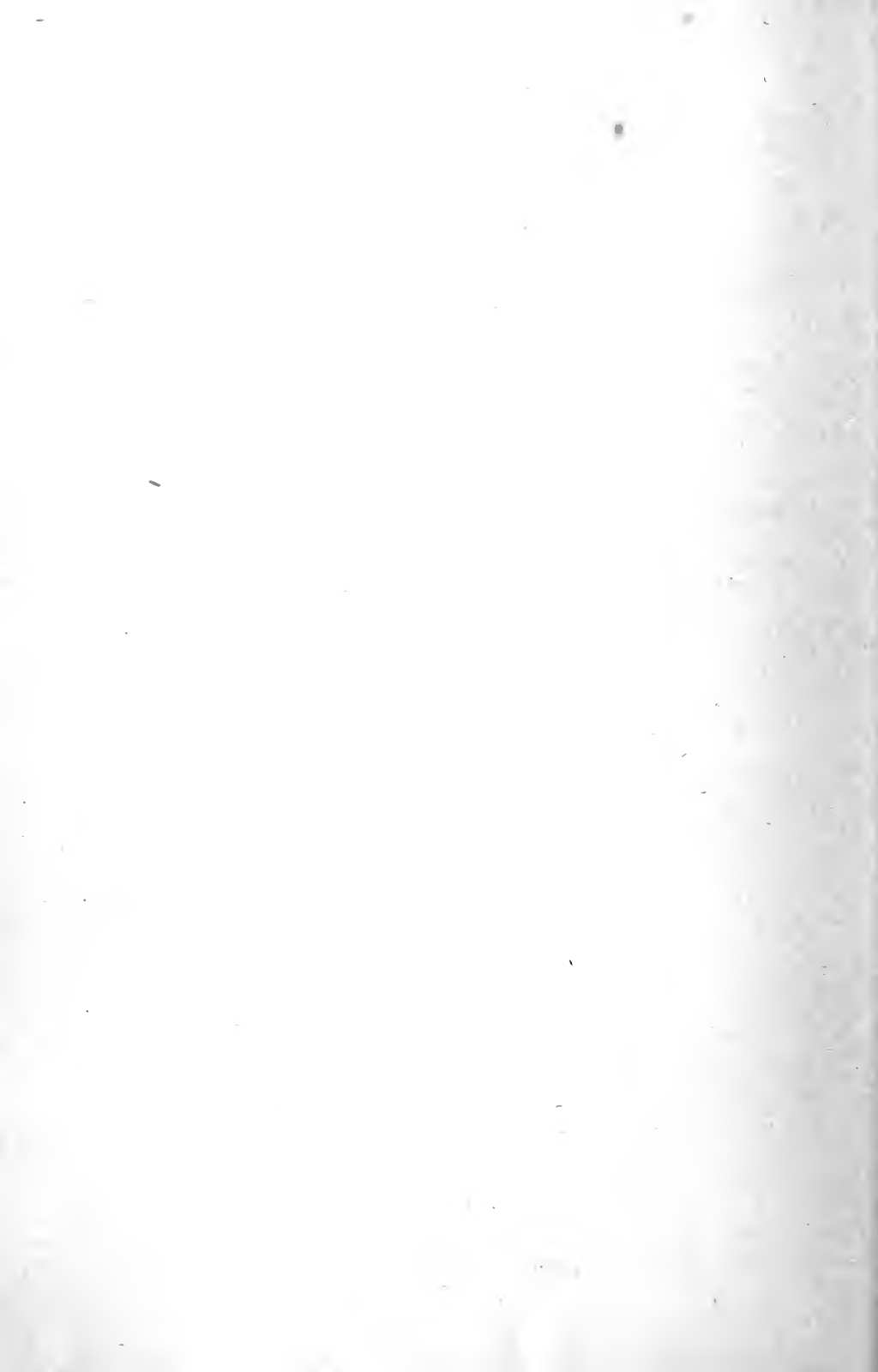
Put sugar in bowls, $\frac{1}{2}$ cupful in each—one bowl for each 8 pupils (4 pairs).

DISCUSSION:

Emphasize the nutritive value of the puddings in today's Lessons. They contain as much nourishment as meat and in a form that appeals to the average palate.

Spanish Cream is really a custard thickened with gelatine.

Strawberries, pineapple, peaches or banana pulp may be used in the Orange Charlotte recipe in place of the orange.



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 18.

You are really the Teacher's assistant in this lesson and the success of Lesson 18 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Liver and Bacon** today, let us see what we must order at the grocery store.

Market Order for a class of **16** pupils:

$\frac{3}{4}$ Lb. Calves' Liver.

8 Slices Bacon.

Salt and pepper on hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. **2** has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 18.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth (according to directions already learned).

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

You should cut the liver into eight slices.

Place 4 slices on each plate—one plate for each 8 pupils (4 pairs).

Place 4 slices of bacon on the same plates—one for each 8 pupils (4 pairs).

Have a saucepan full of boiling water for each 8 pupils (4 pairs).

Place a plate covered with paper at each table—one plate for each 2 pairs.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHERS FOR LESSON 18.**LIVER AND BACON.**

Market Order for a class of **16** pupils (larger or smaller classes in same proportion):

$\frac{3}{4}$ lb. Calves liver.

8 Slices bacon.

Salt and pepper on hand.

Housekeeper No. **2** should do the following:

Cut the liver into **8** slices. Place **4** slices on each plate—one plate for each **8** pupils (**4** pairs).

Place **4** slices of bacon on the same plates—**1** plate for each **8** pupils (**4** pairs).

Have a saucepan full of boiling water for each **8** pupils (**4** pairs).

Place a plate covered with paper at each table, **1** plate for each **2** pairs.

DISCUSSION:

The lesson today is on fat and its uses in the body. When the cost of butter is high, fat may be furnished the body by the use of oatmeal and cornmeal in various ways. Ex., oatmeal, cornmeal bread, or mush or soup, etc.

References:

The following bulletins may be had from U. S. Dept. of Agriculture, Washington, D. C. Their study will add much to the students' information. They are particularly recommended to High School classes:

No. **25**. Federal Meat Inspection Service.

No. **108**. Trichinosis—A Danger in the Use of Raw Pork as Food.

No. **34**. Composition and Cooking of Meat.

No. **193**. Cooking of Meat.

Market Classes and Grades of Meat, by Louis D. Hall. Illinois Agricultural Exp. Station, Bul. **147**, July, 1910.



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HOUSEKEEPER'S DIRECTIONS FOR LESSON 19.

You are really the Teacher's assistant in this lesson and the success of Lesson 19 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Veal Cutlets and French Fried Potatoes** today, let us see what we must order at the grocery store for a class of 16 pupils:

1½ Lbs. Veal cut from the round.

2 Eggs.

1 Qt. Canned Tomatoes (if prepared in school, use them).

1 Onion, Bay Leaf, Pepper Corns.

4 Potatoes.

Salt, pepper, flour.

2 Lbs. Lard or 2 qts. peanut oil for frying.

½ Loaf Stale Bread if there are no crumbs on hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 19.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

You should see that the veal is cut into suitable pieces for serving; there should be 8 pieces. Put the pieces of meat into a saucepan, cover them with boiling water. Add 1 slice onion, 4 pepper corns and a bit of bay leaf. Cook slowly for 20 minutes. Place the cooked pieces on plates—4 pieces on each—one plate for each 8 pupils (4 pairs).

Open the tomato can. Divide into two bowls. Place one bowl for each 8 pupils (4 pairs).

Divide potatoes in halves. Place 4 halves on each plate—one plate for each 8 pupils (4 pairs).

Break 2 eggs onto 2 plates—one plate for each 8 pupils (4 pairs). Beat slightly, add 2 tablespoons of water to each.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 19.**VEAL CUTLETS, FRENCH FRIED POTATOES.**

Market Order for class of 16 pupils:

1½ Lbs. Veal cut from the round.

2 Eggs.

1 Qt. Canned Tomatoes (if prepared in school, use them).

1 Onion, Bay Leaf, Pepper Corns.

4 Potatoes.

Salt, Pepper, Flour.

2 Lbs. Lard or 2 qts. peanut oil for frying.

½ Loaf Stale Bread if there are no crumbs on hand.

Housekeeper No. 2 should see that the veal is cut into suitable pieces for serving—there should be 8 pieces. Put the meat into a saucepan, cover them with boiling water, add 1 slice lemon, 4 pepper corns, and a bit of bay leaf. Cook slowly for 20 minutes. Place the cooked pieces on plates—4 pieces on each, 1 plate for each 8 pupils (4 pairs).

Open the tomato can. Divide into 2 bowls. Place 1 bowl for each 8 pupils (4 pairs).

Divide the potatoes in halves. Place 4 halves on each plate—1 plate for each 8 pupils (4 pairs).

Break 2 eggs onto 2 plates—1 plate for each 8 pupils (4 pairs). Beat slightly, add 2 tablespoonfuls of water to each.

REFERENCES:

U. S. Department of Agriculture.

No. 162. Cooking Meat.

No. 183. Meat on the Farm, Butchering and Curing.

No. 193. Cooking Meat. Economical Uses of Meat in the Home.

No. 102. Losses in Cooking Meat.

No. 183. Studies of the Effect of Different Methods of Cooking upon the Thoroughness and Ease of Digestion of Meat.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 20.

You are really the Teacher's assistant in this lesson and the success of Lesson 20 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Veal Croquettes and Potato Croquettes**, let us see what we must order at the grocery store for a class of 16 pupils:

1½ Lbs. Veal from the shoulder or round.

- | | | |
|---|--|---------------------------------|
| 1 | Onion. | Flour, Salt and Pepper on hand. |
| | Bit of Bay Leaf. | 1 Oz. Butter. |
| | Few Pepper Corns. | 1 Sprig Parsley. |
| 3 | Eggs. | 4 Potatoes. |
| | Lard left from Doughnut Lesson for frying. | |

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 20.

You should cut the meat into rather small pieces, put into saucepan, cover with boiling water, add a slice of onion, bit of bay leaf, pepper corns and a teaspoon of salt. Put over the fire and cook it **25** minutes. This might be done the day before. Remove the meat and force it through the food chopper.

To $1\frac{1}{4}$ cups of stock (water in which the meat has been cooking), add $\frac{1}{2}$ cupful of flour mixed with an equal amount of cold water until smooth, and thin out until it can be poured easily. Add thickening to stock, cook over the fire until thick (about **5** minutes). Divide chopped meat into **2** bowls—place one bowl for each **8** pupils or **4** pairs. Divide sauce into **2** bowls—one bowl for each **8** pupils or **4** pairs.

Measure **2** tablespoons of butter into a custard cup placed in a small pan of hot water. Place this where all pupils may reach it easily. Place parsley and celery salt where pupils can reach it easily. Place pieces of stale bread on plates—one plate for each **8** pupils, or **4** pairs. Place frying kettle on one burner. Have the table covered with several thicknesses of paper so that if fat spatters the grease will not get onto the table top. Have a pan covered with paper near burner to drain croquettes.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 20.

VEAL CROQUETTES, POTATO CROQUETTES.

Market Order for class of 16 pupils:

| | |
|--|------------------|
| 1½ Lbs. Veal from the shoulder or round. | 3 Eggs. |
| 1 Onion. | 4 Potatoes. |
| Few Pepper Corns. | 1 Sprig Parsley. |
| Bit of Bay Leaf. | 1 Oz. Butter. |
| Lard left from Doughnut Lesson for frying. | |
| Flour, Salt and Pepper on hand. | |

Housekeeper No. 2 should cut the meat into rather small pieces, put into saucepan, cover with boiling water, add a slice of onion, bit of bay leaf, pepper corns and a teaspoon of salt. Put over the fire and cook it 25 minutes. This might be done the day before. Remove the meat and force it through the food chopper.

To 1½ cups of stock (water in which the meat has been cooking), add ½ cupful of flour mixed with an equal amount of cold water until smooth, and thin out until it can be poured easily. Add thickening to stock, cook over the fire until thick (about 5 minutes). Divide chopped meat into 2 bowls—place 1 bowl for each 8 pupils, or 4 pairs. Divide sauce into 2 bowls—1 bowl for each 8 pupils, or 4 pairs.

Measure 2 tablespoons of butter into a custard cup placed in a saucepan of hot water. Place this where all pupils may reach it easily. Place parsley and celery salt where pupils can reach it easily. Place pieces of stale bread on plates—1 plate for each 8 pupils or 4 pairs. Place frying kettle on 1 burner. Have the table covered with several thicknesses of paper so that if fat spatters, the grease will not get onto the table top. Have a pan covered with paper near burner, to drain the croquettes.

Housekeeper No. 1 should pare the potatoes. Wash, put into a saucepan, cover them with boiling, salted water (1 quart water—1 teaspoon salt) and cook them until soft. Force potatoes through a potato ricer. Divide riced potatoes into 2 bowls, 1 bowl for each 8 pupils or 4 pairs.

Beat 2 eggs slightly with a fork, add 2 tablespoons cold water—divide onto 2 plates—1 plate for each 8 pupils or 4 pairs. Break third egg, beat slightly, divide into 2 custard cups—1 custard cup for each 8 pupils or 4 pairs.

DISCUSSION:

The pupils should be very careful to cover the entire croquette mixture with egg, as the egg forms a firm coating through which the fat cannot penetrate.

The housekeepers should begin their work at least 40 minutes previous to this lesson. They could cook the meat and potatoes and prepare the sauce, the day previously, if desirable. Also force the meat through the food chopper and the potatoes through the potato ricer.

REFERENCES:

- Market Classes and Grades of Meat—Louis Hall.
 Bureau of Animal Industry Circular:
 No. 25. Federal Meat Inspection Service. Report of Study of Meat Proteins. U. S. Dept. Agricultural Bureau of Chemistry, Circular 70.
 Farmers' Bulletins: No. 34. Composition and Cooking of Meat.
 No. 162. Cooking Meat. No. 193. Cooking Meat.
 No. 193. Economical Uses of Meat in the Home.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 21.

You are really the Teacher's assistant in this lesson and the success of Lesson 21 depends to a great extent on how you do your part of the work.

We must have all the necessary materials on hand to prepare **Doughnuts**. Market Order for a class of 16 pupils:

½ Lb. Granulated Sugar.

2 Oz. Butter.

3 Eggs.

1 Lb. Flour.

Baking Powder.

Nutmeg, Salt.

Peanut Oil, Lard or Crisco for frying. Should be enough left over from previous lessons.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when ~~she~~ presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 21.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth (according to directions Lesson 1).

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

Housekeeper No. 2 should put the sugar in bowls, $\frac{1}{2}$ cupful in each—one bowl for each 8 pupils, or 4 pairs. Measure the butter, two tablespoons on each saucer, one saucer for each 8 pupils, or 4 pairs.

Break the eggs and beat with a Dover egg beater, divide into two bowls—one bowl for each 8 pupils, or 4 pairs.

The flour shakers in pupils' desks should be filled with flour.

Place baking powder cans—one for each 8 pupils, or 4 pairs.

Place one nutmeg on each saucer—one saucer for each 8 pupils, or 4 pairs.

Place doughnut cutters so pupils can use them.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper, No. 1 used today.

When pupils are through with the food material, **gather all that may be left over and can be used. Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHERS FOR LESSON 21.**DOUGHNUTS.**

Market Order for class of 16 pupils:

$\frac{1}{2}$ Lb. Granulated Sugar.

2 Oz. Butter.

3 Eggs.

1 Lb. Flour.

Baking Powder.

Nutmeg, Salt.

Peanut Oil, Lard or Crisco for frying. Should be enough left over from previous lesson.

Housekeeper No. **2** should put the sugar in bowls, $\frac{1}{2}$ cupful in each—**1** bowl for each **8** pupils, or **4** pairs. Measure the butter, **2** tablespoons on each saucer, **1** saucer for each **8** pupils, or **4** pairs.

Break the eggs and beat with a Dover egg beater, divide in **2** bowls—**1** bowl for each **8** pupils, or **4** pairs.

The flour shakers in pupils' desks should be filled with flour.

Place baking powder cans—**1** for each **8** pupils, or **4** pairs.

Put **1** nutmeg on each saucer—**1** saucer for each **8** pupils, or **4** pairs.

Place doughnut cutters so pupils can use them.

NOTES:

Pupils may bring doughnut cutters from home, in case the school is not supplied with them. If there is fat left over from the previous lesson, the pupils should take off the top layers of fat; in this way any sediment left over on the bottom may be removed.

If there is not enough fat, add some fresh fat to the left-over fat.

It is safest to have but **1** frying kettle and for the teacher to stand by it during the frying. In this way, accidents are avoided.

The table near the kettle should be covered with several thicknesses of paper, that it may not be spattered with fat.

The pupils should hold material close to top of fat when dropping the materials into it—if held at some distance and then dropped, the fat spatters badly.

REFERENCES:

U. S. Bulletin No. **36**.

Cotton Seed and Its Products.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.**HOUSEKEEPER'S DIRECTIONS FOR LESSON 22.**

You are really the Teacher's assistant in this lesson and the success of Lesson 22 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Steamed Bread and Pudding** today, let us see what we must order at the grocery store.

Market Order for a class of 16 pupils:

- 1 Lb. Graham Flour.
 - 1 Lb. Whole Wheat Flour.
 - 1 Lb. Cornmeal.
 - 1 Egg.
 - $\frac{1}{4}$ Lb. Butter.
 - 1 Pkg. Raisins.
 - $\frac{1}{3}$ Pt. Molasses.
 - 1 Pt. Milk.
- Soda and Salt on hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.**HOUSEKEEPER'S DIRECTIONS FOR LESSON 22.**

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth (according to directions already learned).

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

You should place the graham, whole wheat and cornmeal flour in bowls—one-half of each kind in a bowl—one bowl of each kind for each 8 pupils, or 4 pairs.

Break the egg and beat it until light. Divide it in two bowls—one bowl for each 8 pupils, or 4 pairs.

Divide the butter into saucers. Place one saucer over a saucepan containing hot water—one for each 8 pupils, or 4 pairs.

Divide the molasses into two bowls—one bowl for each 8 pupils, or 4 pairs. Same with the milk and raisins.

Place the soda where pupils can reach it easily.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 22.**STEAMED BREAD AND PUDDING. -**

Market Order for a class of 16 pupils:

- 1 Lb. Graham Flour.
 - 1 Lb. Whole Wheat Flour.
 - 1 Lb. Cornmeal.
 - 1 Egg.
 - $\frac{1}{4}$ Lb. Butter.
 - 1 Pkg. Raisins.
 - $\frac{1}{3}$ Pt. Molasses.
 - 1 Pt. Milk.
- Soda and Salt on hand.

Housekeeper No. 2 should place the graham, whole wheat and cornmeal flour in bowls— $\frac{1}{2}$ of each kind in a bowl—1 bowl of each kind for each 8 pupils, or 4 pairs.

Break the egg and beat it until light. Divide it in 2 bowls—1 bowl for each 8 pupils, or 4 pairs.

Divide the butter into saucers. Place 1 saucer over a saucepan containing hot water—1 for each 8 pupils, or 4 pairs.

Divide the molasses into 2 bowls—1 bowl for each 8 pupils, or 4 pairs. Same with the milk and raisins.

Place the soda where pupils can reach it easily.

NOTES:

Graham flour may be used both for the bread and pudding. If the school is not provided with individual steamers and covers, small baking powder cans may be used. These the pupils can furnish.

The pupils should be careful to grease the inside of molds thoroughly, including the cover, and also to tie down the cover securely.

If the school is provided with rings, the steamers should be placed in these; if not, a perforated pie tin, or a wooden rest, should be put into the pan containing hot water, that the molds may rest on it and in that way not touch the bottom of the pan. The Manual Training Department can furnish a device, if necessary. The object is to keep the mold from touching the bottom of kettle and to surround the mold with boiling water to reach half way to the top.

REFERENCES:

U. S. Government Bulletins:

No. 903. Wheat Flour and Bread.

No. 281. Corn as Food for Man.

No. 298. Food Value of Corn and Corn Products.

Ill. Exp. Station Bulletin No. 87. Structure and Composition of the Corn Kernel.

Maine Exp. Station No. 103. Entire Wheat Flour.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 23.

You are really the Teacher's assistant in this lesson and the success of Lesson 23 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Kneaded Bread**, let us see what we must order at the grocery store for a class of 16 pupils:

- 1 Pt. Milk.
- $\frac{1}{4}$ Lb. Butter.
- 2 Oz. Sugar.
- 16 Yeast Cakes (if they cannot be obtained, use home-made yeast or dried yeast, which has been mixed with sugar, flour and warm water).
- 6 Lbs. Flour.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through seraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 23.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth (according to directions Lesson 1).

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

You should have a double boiler placed over a burner, one for each 8 pupils, or 4 pairs. Fill lower part of each boiler one-third full of boiling water. Pour 1 cupful milk in each top boiler. Light burner that milk may be scalded. Fill one saucepan with water for each 8 pupils, or 4 pairs. Light burner underneath that water may be boiled. Flour glasses in desks should be filled—salt shakers in desks should be filled.

Divide butter on sauceplates, one for each 8 pupils, or 4 pairs. Same with sugar.

If fresh compressed yeast cakes are used, place 8 for each 8 pupils, or 4 pairs. If not, prepare home-made yeast the day before the lesson and let the pupils use $\frac{1}{4}$ cup of this mixture, in place of the liquids and yeast.

Light the ovens when the loaves are rising the second time.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather all that may be left over and can be used. Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 23.**KNEADED BREAD.**

Market Order for a class of 16 pupils:

- 1 Pt. Milk.
- $\frac{1}{4}$ Lb. Butter.
- 2 Oz. Sugar.
- 16 Yeast Cakes (if they cannot be obtained, use home-made yeast or dried yeast, which has been mixed with sugar, flour and warm water).
- 6 Lbs. Flour.

Housekeeper No. 2 should have a double boiler placed over a burner, 1 for each 8 pupils, or 4 pairs. Fill lower part of each boiler $\frac{1}{3}$ full of boiling water. Pour 1 cupful of milk in each top boiler—light burner, that milk may be scalded. Fill 1 saucepan with water for each 8 pupils, or 4 pairs. Light burner underneath, that water may be boiled. Flour shakers in desks should be filled—salt glasses in desks should be filled.

Divide butter on sauceplate, 1 for each 8 pupils, or 4 pairs. Same with sugar.

If fresh compressed yeast cakes are used, place 8 for each 8 pupils, or 4 pairs. If not, prepare home-made yeast the day before the lesson and let the pupils use $\frac{1}{4}$ cup of this mixture, in place of the liquids and yeast.

Light the ovens when the loaves are rising the second time.

NOTES:

In order that this **Bread** lesson may be completed in the allotted time of the recitation, a large proportion of yeast is used. In the **Home Recipe** a less amount in proportion is used. You should call the attention of the class to this important matter. It is a safe plan for the teacher to test the water before the pupils add their yeast cakes—as a little too much heat will kill the plants and the sponge will not rise. The dough should rise to double its bulk **each rising**. Pupils are likely to bake it before it has risen sufficiently. Remind the pupils that there are no more yeast plants in bread started with a great number of plants than in bread started with a small number. It takes just so many plants to do the work, and the more used to begin with the shorter the process.

Pupils are apt to knead in too much flour after it has been tossed on the board. They should add the flour, cutting it in with a knife, until when mixture is touched with the finger, it does not stick to the finger.

The board should be dusted with flour and the dough kneaded until smooth and elastic to the touch.

REFERENCES:

U. S. Department of Agriculture.

No. 903. Wheat Flour and Bread.

No. 389. Bread Making.

No. 101. Studies in Bread and Bread Making.

Manufacture of Yeast, Scientific American, Dec. 2, 1911, pp. 404, 506, 507.

Semi-popular.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.
HOUSEKEEPER'S DIRECTIONS FOR LESSON 24.

You are really the Teacher's assistant in this lesson and the success of Lesson 24 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Orange Cake** for a class of **16** pupils today, let us see what we must order at the grocery store:

Market Order for a class of **16** pupils:

- $\frac{1}{4}$ Lb. Butter.
- 2 Lbs. Sugar.
- 10 Eggs.
- 3 Oranges.
- 1 Lemon.
- 1 Pt. Milk.
- $1\frac{1}{2}$ Lbs. Confectioners' Sugar.
- Baking Powder.
- 1 Pkg. Pastry Flour. (Pastry Flour is usually sold in 4-lb. packages. It is made from Winter Wheat.)

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.**HOUSEKEEPER'S DIRECTIONS FOR LESSON 24.**

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth (according to directions already learned).

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

You should place 4 double boilers, one for each 4 pupils.

Divide the butter in bowls. Place bowls—one for each 8 pupils, or 4 pairs. Divide the sugar in bowls—one for each 8 pupils, or 4 pairs. Place 5 eggs on a plate, one for each 8 pupils, or 4 pairs. Cut the oranges in halves crosswise and then in fourths. Place 6 fourths on each plate—one plate for each 8 pupils, or 4 pairs. Cut the lemon in fourths, put two-fourths on the orange plate.

Pour milk into bowls—one cupful in each—one bowl for each 8 pupils, or 4 pairs. Divide the Confectioners' Sugar in bowls—one bowl for each 8 pupils, or 4 pairs.

Place baking powder cans where the pupils can reach them easily. Same with Pastry Flour.

Place 1 baking sheet for each 8 pupils, or 4 pairs, on which to place the pie tins.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, gather all that may be left over and can be used. Place in clean dishes, cover and put it away for the next lesson.

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 24.**ORANGE CAKE.**

Market Order for a class of 16 pupils:

- $\frac{1}{4}$ Lb. Butter.
- 2 Lbs. Sugar.
- 10 Eggs.
- 3 Oranges.
- 1 Lemon.
- 1 Pt. Milk.
- $1\frac{1}{2}$ Lbs. Confectioners' Sugar.

Baking Powder.

- 1 Pkg. Pastry Flour. (Pastry Flour is usually sold in 4-lb. packages.

It is made from Winter Wheat.)

Housekeeper No. 2 should place 4 double boilers—1 for each 4 pupils.

Divide the butter in bowls. Place bowls—1 for each 8 pupils, or 4 pairs. Divide the sugar in bowls—1 for each 8 pupils, or 4 pairs. Place 5 eggs on a plate, 1 for each 8 pupils, or 4 pairs. Cut the oranges in halves crosswise and then in fourths. Place 6 fourths on each plate—1 plate for each 8 pupils, or 4 pairs. Cut the lemon in fourths, put 2 fourths on the orange plate.

Pour milk into bowls—1 cupful in each—1 bowl for each 8 pupils, or 4 pairs. Divide the Confectioners' Sugar in bowls—1 bowl for each 8 pupils, or 4 pairs.

Place baking powder cans where the pupils can reach them easily. Same with Pastry Flour.

Place 1 baking sheet for each 8 pupils, or 4 pairs, on which to place the pie tins.

NOTES:

The pupils should be cautioned not to fill the cake tins more than $\frac{2}{3}$ full—if there is an extra amount left over, it may be baked in a muffin tin.

The cake mixture recipe may be used for many different kinds of layer cake—by covering it with different kinds of frosting.

REFERENCES:

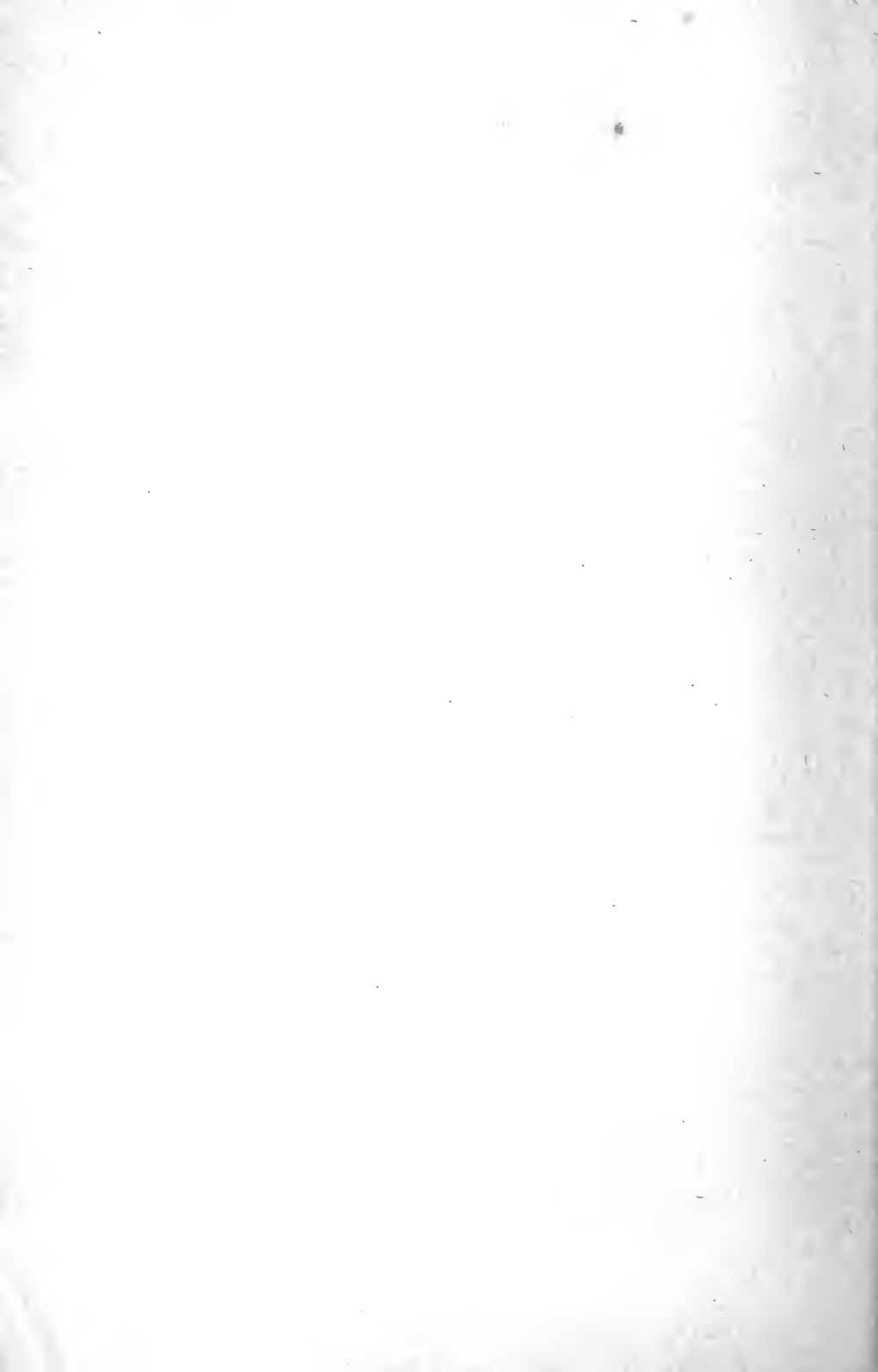
U. S. Government Bulletins.

No. 374. Flour for Making Baking Powder Biscuits.

No. 93. Sugar as Food.

Connecticut Exp. Sta. Report for 1904. Pt. II. Food Products—Baking Powder.

North Carolina Exp. Sta. Bulletin No. 155. Baking Powder on Sale in North Carolina.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 25.

You are really the Teacher's assistant in this lesson and the success of Lesson 25 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **White Cake** today, let us see what we must order at the grocery store.

Market Order for a class of 16 pupils:

$\frac{1}{3}$ Lb. Butter.

2 Lbs. Sugar.

8 Eggs.

$\frac{1}{2}$ Pt. Milk.

Pastry Flour, Vanilla and Baking Powder on hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 25.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

You should divide the butter in bowls—place 1 bowl for each 8 pupils, or 4 pairs.

Divide the sugar in bowls, the milk and the pastry flour—one bowl of each for each 8 pupils, or 4 pairs.

Place 4 eggs on a plate—one plate for each 8 pupils, or 4 pairs. Place baking powder cans and vanilla bottle where pupils can reach them easily. Light the ovens.

Place 1 baking sheet for each 8 pupils, or 4 pairs, on which to place the pie tins.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 25.**WHITE CAKE.**

Market Order for a class of **16** pupils:

- $\frac{1}{3}$ Lb. Butter.
- 2** Lbs. Sugar.
- 8** Eggs.
- $\frac{1}{2}$ Pt. Milk.
- Pastry Flour, Vanilla and Baking Powder on hand.

Housekeeper No. **2** should divide the butter in bowls—place **1** bowl for each **8** pupils, or **4** pairs.

Divide the sugar in bowls, the milk and the pastry flour—**1** bowl for each **8** pupils, or **4** pairs.

Place **4** eggs on a plate—**1** plate for each **8** pupils, or **4** pairs. Place baking powder cans and vanilla bottle where pupils can reach them easily. Light the ovens.

Place **1** baking sheet for each **8** pupils, or **4** pairs, on which to place the pie tins.

NOTES:

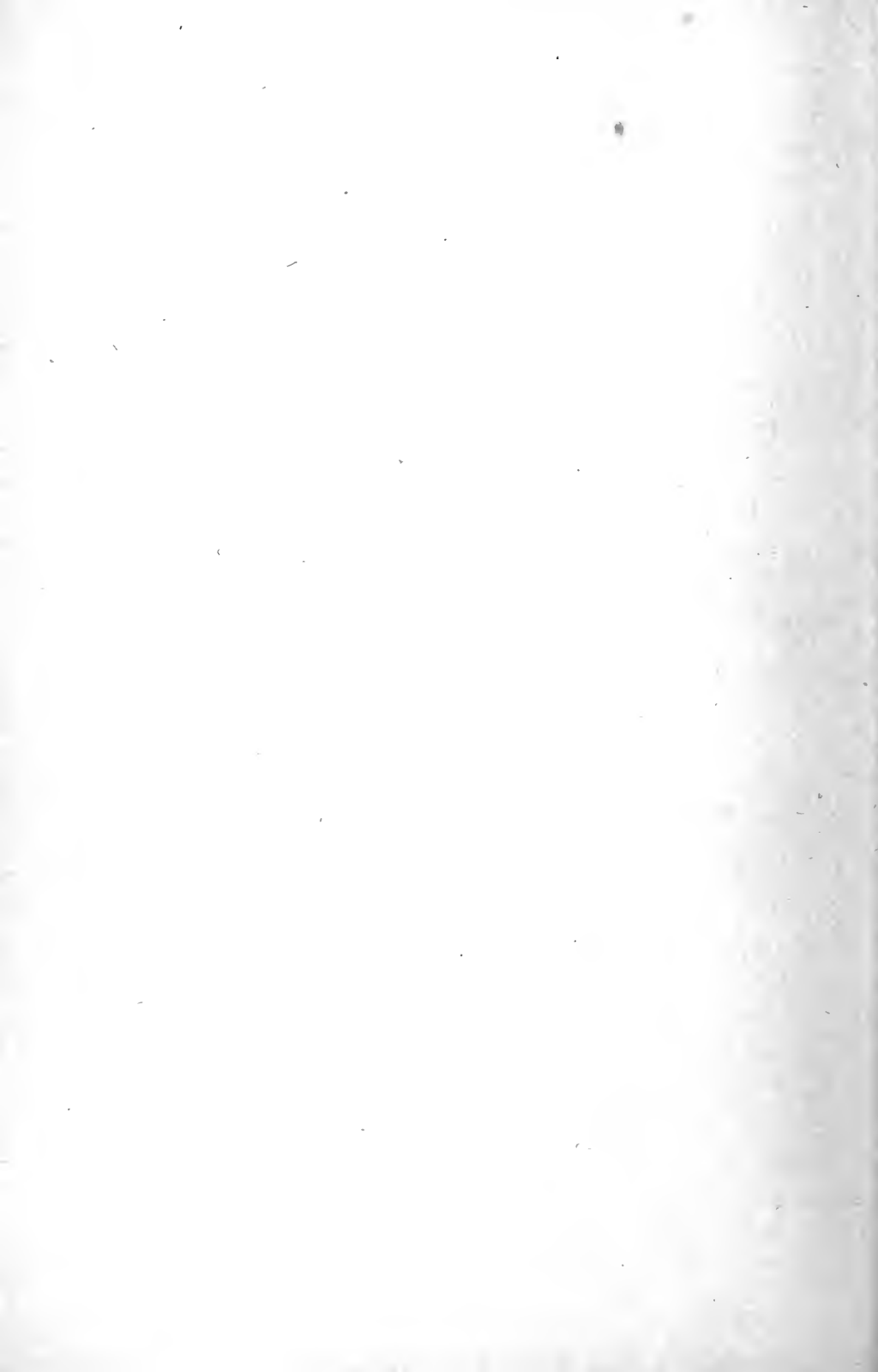
The pupils should work together on the cake mixture, and when it is just ready to take out of the oven, prepare the frosting.

The frosting is delicious when properly made. It must be taken off the fire just as soon as a soft ball will form, when a little is tried in cold water: or when it spins an inch thread when a little is dropped from a fork. Bread flour can be used for cake, but it does not make as delicate a mixture.

REFERENCES:

U. S. Government Bulletin:

No. **93**. Sugar as Food.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.
HOUSEKEEPER'S DIRECTIONS FOR LESSON 26.

You are really the Teacher's assistant in this lesson and the success of Lesson 26 depends to a great extent on how you do your part of the work.

We must have all the necessary materials on hand. As we are going to prepare **Peanut and Boston Cookies** today, we must order at the grocery store:

Market Order for a class of 16 pupils:

- $\frac{1}{2}$ Lb. Butter.
- $\frac{1}{2}$ Lb. Sugar.
- 4 Eggs.
- 10c worth Roasted Peanuts.
- 1 Lemon.
- $\frac{1}{3}$ Lb. Shelled Walnuts.
- 1 Pkg. Raisins.

Soda, Flour, Baking Powder, Cinnamon and Salt, on hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 26.

You should shell the peanuts and put them through the food chopper. (See Figure 1). Save **16** for tops. It costs about the same to buy the walnuts already shelled and it saves time. When they are subjected to heat there is no danger of infection. Divide the butter in bowls—one bowl for each **8** pupils or **4** pairs.

Divide the sugar—one bowl for each **8** pupils or **4** pairs. Cut lemon in two. Put $\frac{1}{2}$ on each saucer for each **8** pupils or **4** pairs. Put **8** whole peanuts on each saucer. Empty the package of raisins, wash raisins in cold water, wipe dry with a cloth, and place in bowls—one bowl for each **8** pupils or **4** pairs.

Divide the ground peanuts in bowls, one bowl for each **8** pupils or **4** pairs. Divide the walnuts on saucers, one saucer for each **8** pupils or **4** pairs.

Flour shakers should be filled.

Place baking powder, soda and cinnamon where pupils can reach them easily.

Place a saucepan of water—one for each **8** pupils, or **4** pairs—over a burner. Light the burner. Light the oven for baking. Break and beat the eggs. Divide beaten eggs into bowls—one bowl for each **8** pupils or **4** pairs.

Place a baking sheet, one for each **8** pupils, or **4** pairs.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 26.**PEANUT AND BOSTON COOKIES.**

Market Order for class of 16 pupils:

$\frac{1}{2}$ Lb. Butter.

$\frac{1}{2}$ Lb. Sugar.

4 Eggs.

10c worth Roasted Peanuts.

1 Lemon.

$\frac{1}{3}$ Lb. Shelled Walnuts.

1 Pkg. Raisins.

Soda, Flour, Baking Powder.

Cinnamon and Salt on hand.



FIGURE 1.

Housekeeper No. 2 should shell the peanuts and put them through the food chopper. (See **FIGURE 1.**) Save 16 for tops. It costs about the same to buy walnuts already shelled and it saves time. When they are subjected to heat there is no danger of infection. Divide the butter in bowls—1 bowl for each 8 pupils or 4 pairs.

Divide the sugar—1 bowl for each 8 pupils or 4 pairs. Cut lemon in two. Put $\frac{1}{2}$ on each saucer—1 saucer for each 8 pupils or 4 pairs. Put 8 whole peanuts on each saucer. Empty the package of raisins, wash raisins in cold water, wipe dry with a cloth and place in bowls—1 bowl for each 8 pupils or 4 pairs. Divide the ground peanuts into bowls, 1 bowl for each 8 pupils or 4 pairs. Divide the walnuts onto saucers, 1 saucer for each 8 pupils or 4 pairs.

Salt and flour shakers should be filled.

Place baking powder, soda and cinnamon where pupils can reach them easily. Place a saucepan of water—1 for each 8 pupils, or 4 pairs—over a burner. Light the burner. Light the oven for baking. Break and beat the eggs. Divide beaten eggs in bowls—1 bowl for each 8 pupils or 4 pairs.

Place a baking sheet—one for each 8 pupils or 4 pairs.

NOTES:

The Boston Cookie mixture should be very stiff—pupils are apt to leave out some of the flour. The cookies should be baked in a moderately hot oven—the Boston Cookies burn easily.

REFERENCES:

U. S. Department of Agriculture.

No. 122. Nuts as Food.

No. 332. Nuts and their Uses as Food.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 27.

You are really the Teacher's assistant in this lesson and the success of Lesson 27 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand.

Market Order for a class of 16 pupils:

1/6 Lb. Butter.

1/2 Lb. Sugar.

2 Eggs.

1/4 Pt. Milk.

1/4 Lb. Cream for Coffee.

1/2 Lb. Coffee—good quality. Have it ground at the store.

Baking Powder, Salt and Nutmeg on hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 27.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

You should divide the butter into bowls—one bowl for each 8 pupils or 4 pairs.

Divide the sugar in bowls—one bowl for each 8 pupils or 4 pairs.

Pour the milk into bowls. Pour the cream into a cream pitcher.

Divide the coffee in bowls—one bowl for each 8 pupils or 4 pairs.

Wash, break and beat the eggs. Divide into bowls—one bowl for each 8 pupils or 4 pairs.

Pour a bowl of cold water for each 8 pupils or 4 pairs—4 cupfuls in each bowlful.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather all that may be left over and can be used. Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 27.**SUGAR COOKIES AND COFFEE.**

Market Order for class of 16 pupils:

$\frac{1}{6}$ Lb. Butter.

$\frac{1}{2}$ Lb. Sugar.

2 Eggs.

$\frac{1}{4}$ Pt. Milk.

$\frac{1}{4}$ Pt. Cream for Coffee.

$\frac{1}{2}$ Lb. Coffee—good quality. Have it ground at the store.

Baking Powder, Salt and Nutmeg on hand.

Housekeeper No. 2 should divide the butter into bowls, 1 bowl for each 8 pupils or 4 pairs.

Divide the sugar in bowls—1 bowl for each 8 pupils or 4 pairs.

Pour the milk into bowls. Pour the cream into a cream pitcher.

Divide the coffee in bowls—1 bowl for each 8 pupils or 4 pairs.

Wash, break and beat the eggs. Divide into bowls—1 bowl for each 8 pupils or 4 pairs.

Put a bowl of cold water for each 8 pupils or 4 pairs—4 cupfuls in each bowl.

NOTES:

The pupils should add enough flour to cooky dough so that when it is touched with the finger, it does not stick to it. The bread board should be slightly dusted with flour—and the cookies rolled with a rolling pin dusted with flour. Melted chocolate, grated orange rind, shredded cocoanut or vanilla may be added to the dough.

REFERENCES:

U. S. Dept. of Agriculture, Washington, D. C.

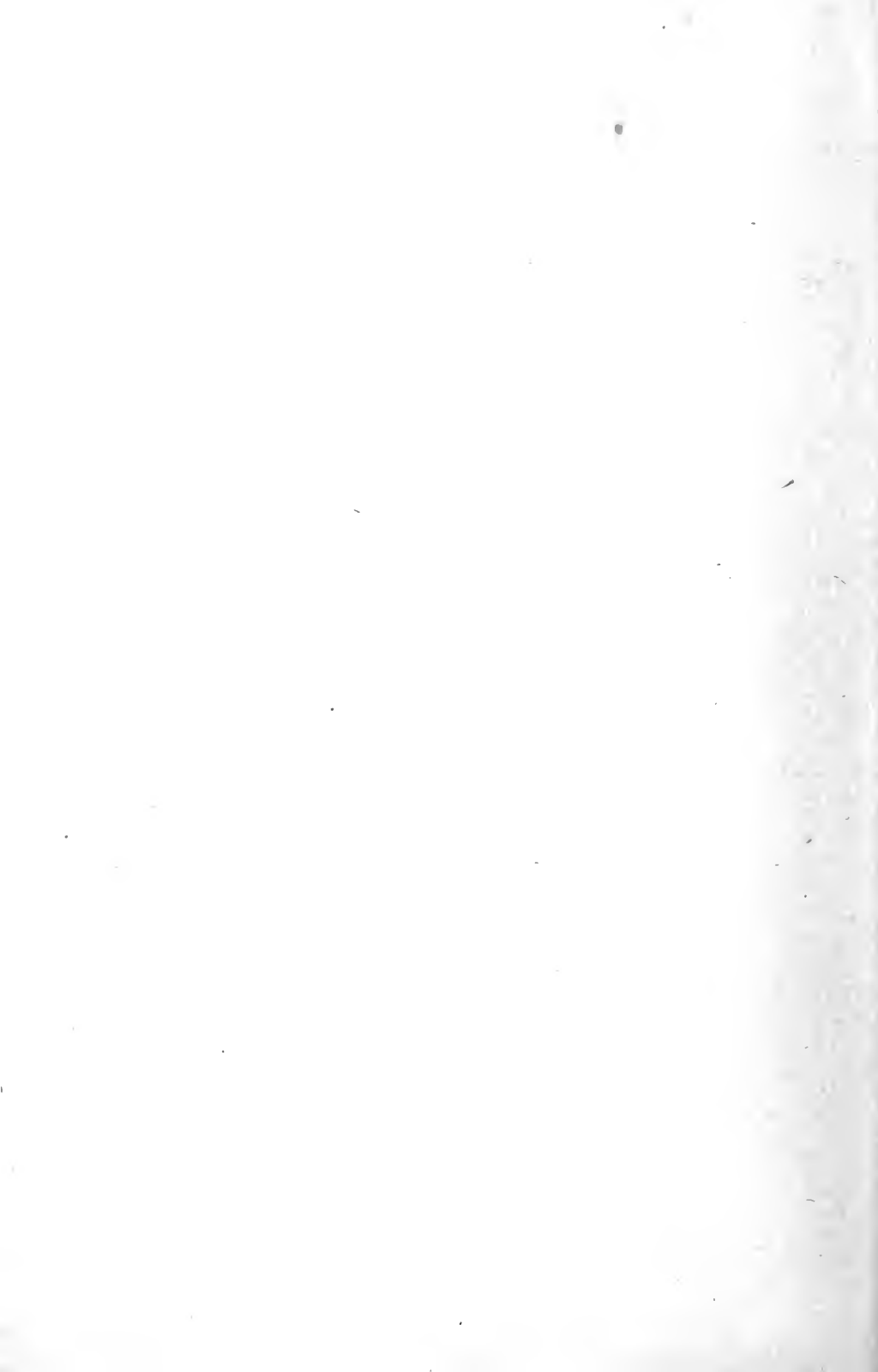
Farmers' Bulletin:

No. 122. Coffee Substitutes.

Effects of Coffee Drinking upon Children, Charles Keen Taylor—Psychological Clinic, April 15, pp. 55-56.

The Influence of Caffeine on Circulatory and Muscular Systems, H. C. Wood—Therap. Gaz., Jan., pp. 6, 12.

The Influence of Caffeine on Mental and Motor Efficiency, H. L. Hollingworth—Therap. Gaz., Jan., pp. 1-5.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 28.

You are really the Teacher's assistant in this lesson and the success of Lesson 28 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Apple Pie**, let us see what we must order for the Lesson:

Market Order for a class of 16 pupils:

1½ Lbs. Pastry Flour.

½ Lb. Butter.

½ Lb. Sugar.

8 Apples (Greenings or tart apples).

1 Lemon.

Cinnamon and Nutmeg on hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.**HOUSEKEEPER'S DIRECTIONS FOR LESSON 28.**

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

You should divide the flour in bowls—one bowl for each 8 pupils, or 4 pairs.

Divide the butter on sauce plates—one for each 8 pupils, or 4 pairs.

Divide the sugar in bowls—one for each 8 pupils, or 4 pairs.

Put the apples on plates—4 on each—one plate for each 8 pupils, or 4 pairs.

Cut the lemon in halves—put one-half on each plate containing apples.

Place a bowl of cold water for each 8 pupils, or 4 pairs. Place a baking sheet for each 8 pupils, or 4 pairs.

Place the cinnamon and nutmeg where they can easily be reached by the pupils.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 28.**APPLE PIE.**

Market Order for a class of 16 pupils:

1½ Lbs. Pastry Flour.

½ Lb. Butter.

½ Lb. Sugar.

8 Apples (Greenings or tart apples).

1 Lemon.

Cinnamon and Nutmeg on hand.

Housekeeper No. 2 should divide the flour in bowls—1 bowl for each 8 pupils or 4 pairs.

Divide the butter on sauce plates—1 plate for each 8 pupils or 4 pairs. Divide the sugar in bowls—1 bowl for each 8 pupils or 4 pairs.

Put the apples on plates—4 on each—1 plate for each 8 pupils or 4 pairs.

Cut the lemon in halves—put ½ on each plate containing apples.

Place a bowl of cold water for each 8 pupils or 4 pairs. Place a baking sheet for each 8 pupils or 4 pairs.

Place the cinnamon and nutmeg where it can be easily reached by the pupils.

NOTES:

Pupils should handle the dough as little as possible—all the ingredients must be cold. Only enough water to make a stiff dough should be added. The board should be dusted with just enough flour to keep the dough from sticking. The rolling pin should be floured.

REFERENCES:

U. S. Dept. of Agriculture, Washington, D. C.

Bureau of Animal Industry Circular:

No. 56. Facts Concerning the History, Commerce, the Manufacture of Butter.

Farmers' Bulletin:

No. 186. Keeping Quality of Butter.

Reprint from Year Book, No. 390—Renovated Butter, Its Origin and History.

Illinois Exp. Sta. Bulletin, No. 131. A Study of Factors Influencing the Composition of Butter.

Illinois Exp. Sta. Circular, No. 131. Handling of Cream and Making of Butter on the Farm.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.
HOUSEKEEPER'S DIRECTIONS FOR LESSON 29.

You are really the Teacher's assistant in this lesson and the success of Lesson 29 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Glazed Sweet Potatoes and Mint Jelly** today, let us see what we need for a class of **16** pupils. If there are more or less than **16** pupils in the class, we must order in proportion to the number of pupils.

- 8 Sweet Potatoes.
- $\frac{1}{2}$ Cup Brown Sugar.
- $\frac{1}{8}$ Lb. Butter.
- 1 Box Knox Gelatine.
- 2 Lemons.
- $\frac{1}{4}$ Lb. Sugar.
- 1 Bunch Mint Leaves.
- 1 Oz. Spinach Juice. If not convenient, may be omitted—but it gives color to the jelly.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 29.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

You should wash potatoes and cook them in boiling water until soft. When soft, plunge them into cold water. Cut in halves. Put 8 halves on each plate—one plate for each 8 pupils, or 4 pairs.

Divide the brown sugar in bowls—one bowl for each 8 pupils, or 4 pairs.

Divide the butter—one bowl for each 8 pupils, or 4 pairs.

Open the box of gelatine. Divide into saucers—one saucer for each 8 pupils, or 4 pairs.

Put one lemon on each saucer—one saucer for each 8 pupils, or 4 pairs.

Divide the granulated sugar in saucers—one saucer for each 8 pupils, or 4 pairs.

Divide the mint leaves—one spray for each 8 pupils, or 4 pairs.

Place one bowl of cold water for each 8 pupils, or 4 pairs.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 29.**GLAZED SWEET POTATOES AND MINT JELLY.**

Market Order for class of 16 pupils:

- 8 Sweet Potatoes.
- $\frac{1}{2}$ Cup Brown Sugar.
- $\frac{1}{8}$ Lb. Butter.
- 1 Box Knox Gelatine.
- 2 Lemons.
- $\frac{1}{4}$ Lb. Sugar.
- 1 Bunch Mint Leaves.
- 1 Oz. Spinach Juice. If not convenient, may be omitted—but it gives color to the jelly.

Housekeeper No. 2 should wash potatoes and cook them in boiling water until soft. When soft, plunge them into cold water. Cut in halves. Put 8 halves on each plate—1 plate for each 8 pupils, or 4 pairs.

Divide the brown sugar in bowls—1 bowl for each 8 pupils, or 4 pairs.

Divide the butter—1 bowl for each 8 pupils, or 4 pairs.

Open the box of gelatine. Divide into saucers—1 saucer for each 8 pupils, or 4 pairs.

Put 1 lemon on each saucer—1 saucer for each 8 pupils, or 4 pairs.

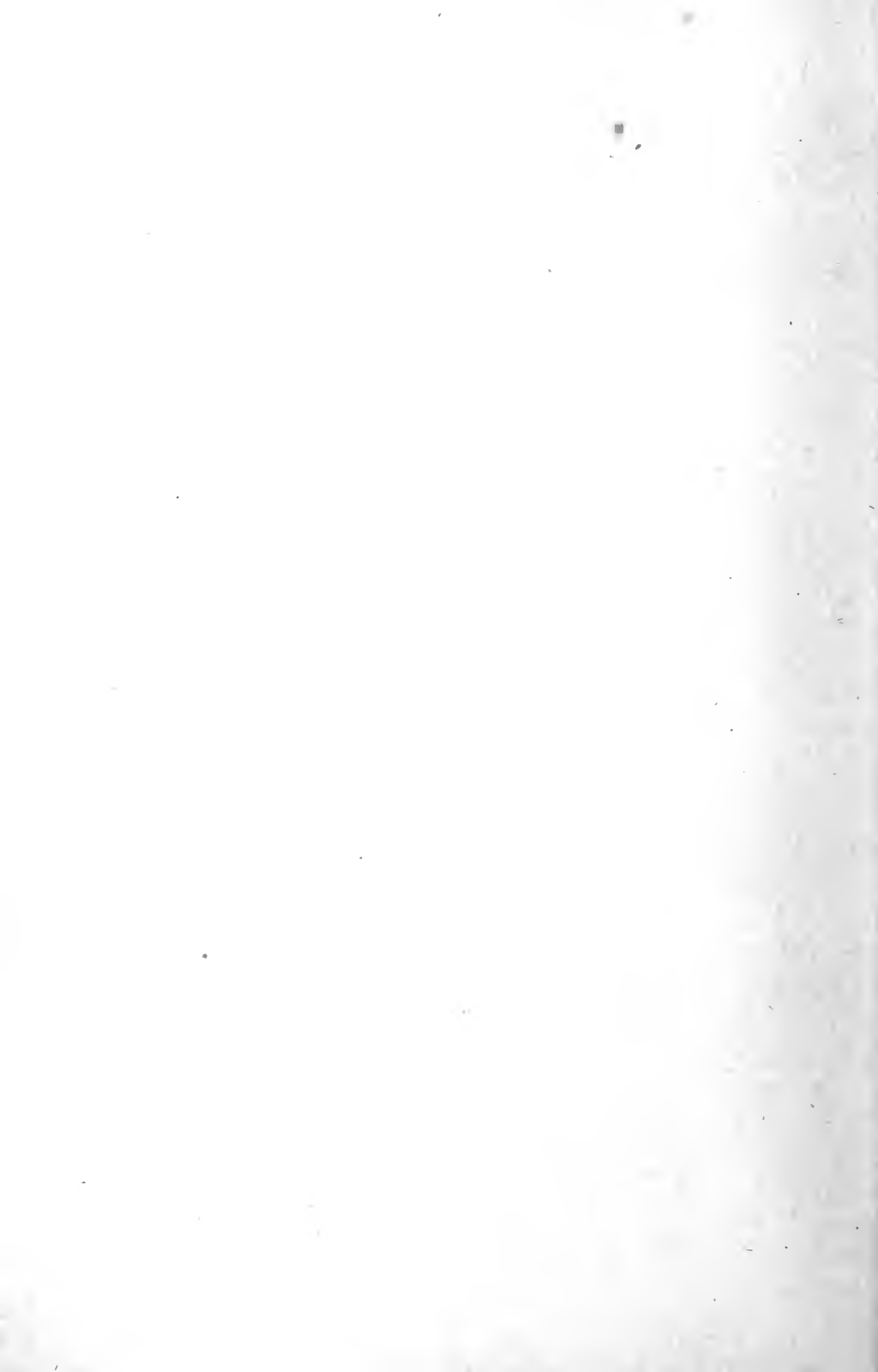
Divide the granulated sugar in saucers—1 saucer for each 8 pupils, or 4 pairs.

Divide the mint leaves—1 spray for each 8 pupils, or 4 pairs.

Place 1 bowl of cold water for each 8 pupils, or 4 pairs.

NOTE:

Read the directions for preparing a roast chicken, given on the study page.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 30.

You are really the Teacher's assistant in this lesson and the success of Lesson 30 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Green Pea Timbales**, let us see what we must order for the Lesson.

Market Order for a class of 16 pupils:

- 1 Can Green Peas.
- 1 Oz. Butter.
Bread (1 loaf, stale).
- 2 Eggs.
- 1 Pt. Milk.
- Flour, Salt and Pepper on hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 30.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

You should open the can of peas and empty contents immediately. Divide contents in bowls—one bowl for each 8 pupils, or 4 pairs.

Divide the butter into sauce plates—one for each 8 pupils, or 4 pairs. Place sauce plate over saucepan containing boiling water.

Cut bread into large pieces or chunks. Place 4 chunks on each plate—one plate for each 8 pupils, or 4 pairs.

Pour milk into bowls—one cupful in each—one bowl for each 8 pupils or 4 pairs.

Pour water into bowls—one bowl for each 8 pupils, or 4 pairs.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 30.**GREEN PEA TIMBALES.**

Market Order for a class of 16 pupils:

1 Can Green Peas.

1 Oz. Butter.

Bread (1 loaf, stale).

2 Eggs.

1 Pt. Milk.

Flour, Salt and Pepper on hand.

Housekeeper No. 2 should open the can of peas and empty contents immediately. Divide contents in bowls—1 bowl for each 8 pupils, or 4 pairs.

Divide the butter into sauce plates—1 for each 8 pupils, or 4 pairs. Place sauce plate over saucepan containing boiling water.

Cut bread into large pieces or chunks. Place 4 chunks on each plate—1 plate for each 8 pupils, or 4 pairs.

Pour milk into bowls—1 cupful in each—1 bowl for each 8 pupils or 4 pairs.

Pour water into bowls—1 bowl for each 8 pupils, or 4 pairs.

DISCUSSION:

Freshly boiled or canned peas may be used. Dried green peas that have been soaked in cold water for 24 hours or more and then cooked until soft, may be used. The dried peas contain a larger proportion of nourishment and are inexpensive. They require long soaking and long cooking. Where strict economy must be exercised, they should be used frequently in soups, creamed and in timbales.

REFERENCES:

U. S. Dept. of Agriculture.

Farmers' Bulletins:

No. 121. Beans, Peas, and Other Legumes as Food.

No. 122. Nuts as Food.

No. 169. Food Value of Beans.

No. 332. Nuts and Their Uses as Food.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.
HOUSEKEEPER'S DIRECTIONS FOR LESSON 31.

You are really the Teacher's assistant in this lesson and the success of Lesson 31 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Egg in Nest** and **Orange Albumen**, let us see what we must order for the Lesson.

Market Order for a class of 16 pupils:

- 4 Eggs.
- 4 Oranges.
- 2 Lemons.
- 1 Qt. Cracked Ice.
- $\frac{1}{4}$ Lb. Sugar.
- 1 Loaf Bread.
- 2 Oz. Butter.
- Salt on hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 31.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Place the food materials on work tables at convenient places, each to furnish 8 pupils (4 pairs) with the necessary quantities.

You should place the eggs on plates—two on each plate—one plate for each 8 pupils, or 4 pairs.

The oranges may be placed on the same plate—two on each.

The lemons may be placed on the same plate—one on each.

Divide the sugar on saucers—one for each 8 pupils, or 4 pairs.

Cut the loaf of bread into slices. Put four slices on each plate—one plate for each 8 pupils, or 4 pairs.

Divide the butter—2 tablespoons on each saucer—one saucer for each 8 pupils, or 4 pairs.

To crack ice: Put the chunk of ice in a heavy bag—gunny sack. Tie securely and pound until ice is crushed.

Put cracked ice in bowls—one bowl for each 8 pupils, or 4 pairs.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 31.**EGG IN NEST, ORANGE ALBUMEN.**

Market Order for a class of 16 pupils:

- 4 Eggs.
- 4 Oranges.
- 2 Lemons.
- 1 Qt. Cracked Ice.
- $\frac{1}{4}$ Lb. Sugar.
- 1 Loaf Bread.
- 2 Oz. Butter.
- Salt on hand.

Housekeeper No. 2 should place the eggs on plates—2 on each plate—1 plate for each 8 pupils, or 4 pairs.

The oranges may be placed on the same plate—2 on each.

The lemons may be placed on the same plate—1 on each.

Divide the sugar on saucers—1 for each 8 pupils, or 4 pairs.

Cut the loaf of bread into slices. Put 4 slices on each plate—1 plate for each 8 pupils, or 4 pairs.

Divide the butter—2 tablespoons on each saucer—1 saucer for each 8 pupils, or 4 pairs.

To crack ice: Put the chunk of ice in a heavy bag—gunny sack. Tie securely and pound until ice is crushed.

Put cracked ice in bowls—1 bowl for each 8 pupils, or 4 pairs.

NOTES:

This makes an excellent review lesson on the 5 food principles—Proteins, Carbohydrates, Fats and Oils, Mineral Matter and Water.

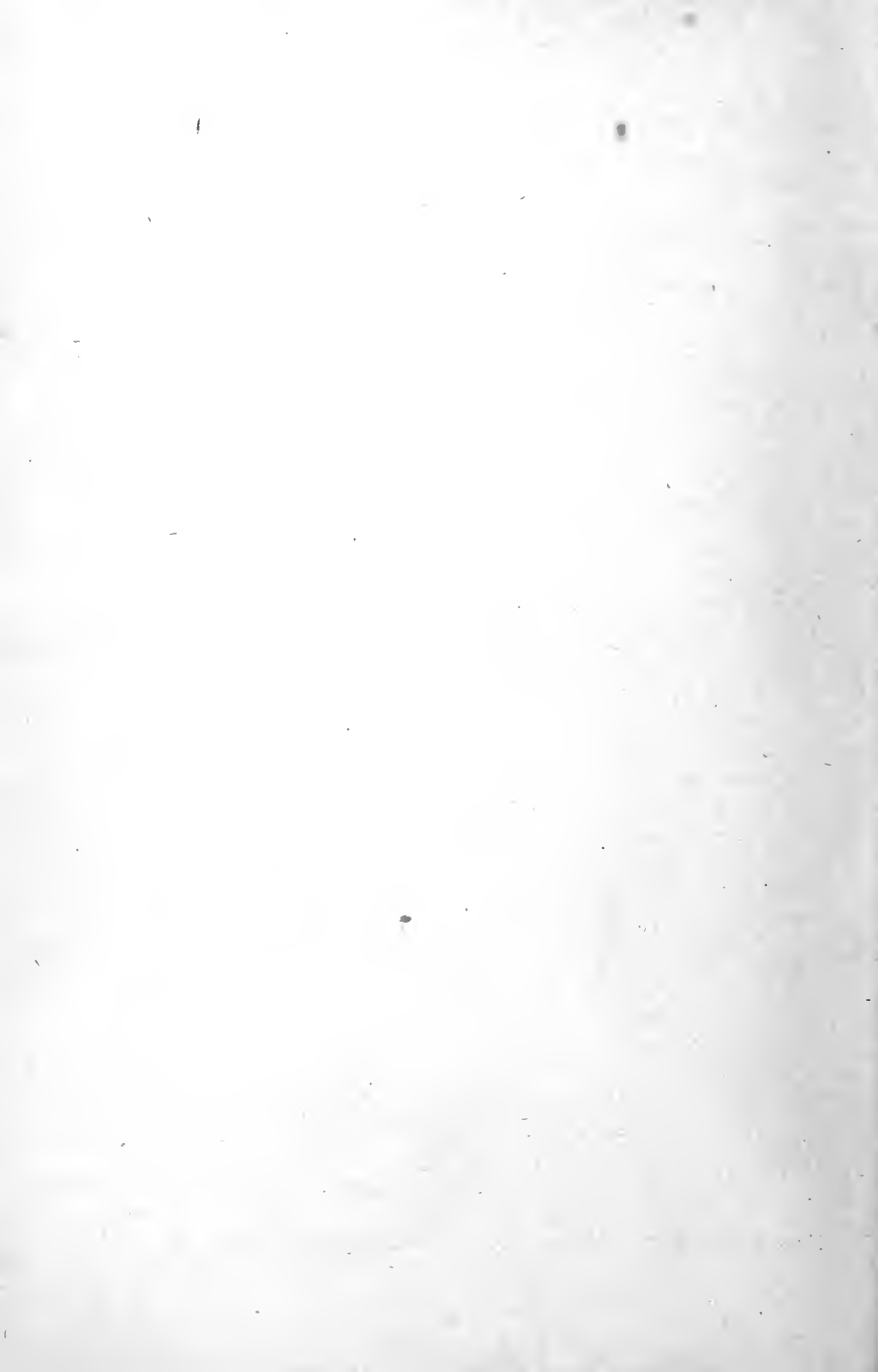
REFERENCES:

U. S. Government Bulletins:

No. 46. Functions and Uses of Food.

No. 454. Food and Diet in the U. S. (Office of the Secretary.)

No. 89. A List of Dietary Studies.



THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 1.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 32.

You are really the Teacher's assistant in this lesson and the success of Lesson 32 depends to a great extent on how you do your part of the work.

First: We must have all the necessary materials on hand. As we are going to prepare **Fruit Salad**, let us see what we must order for the Lesson:

Market Order for a class of 16 pupils:

- 4 Oranges.
- 4 Bananas.
- $\frac{1}{3}$ Lb. Shelled Walnuts.
- 8 Eggs.
- $\frac{1}{3}$ Lb. Sugar.
- $\frac{1}{2}$ Pt. Vinegar.
- $\frac{1}{2}$ Pt. Whipping Cream.
- Salt on hand.

GENERAL DUTIES OF HOUSEKEEPER NO. 1.

Take one of the dust cloths provided and dust one half of the room according to the directions for "Dusting" already learned. You cannot spend much time in dusting—about ten minutes will do.

Now find the tea towels and the dish cloths and take out half as many of each as there are girls in the class.

Place one tea towel and one dish cloth in each middle drawer between two girls. The **dish cloths** will be needed for washing the dishes, and the **tea towels** for wiping the dishes.

Pay close attention to the teacher's instructions to pupils when she presents the lesson.

When the girls are all through scraping and piling dishes for dish washing, gather waste materials on a dish. Empty the waste on to a piece of paper, fold carefully and put into the garbage pail.

If there are any extra soiled dishes in sink, pantry or in ice box, collect them and divide them equally among the girls who are washing dishes today.

When pupils are all through washing and wiping the dishes, gather all the **tea towels** in one pail. Wash them in hot, soapy water. Wring and rinse them in clear water. Wring as dry as possible and hang them up to dry.

When Housekeeper No. 2 has washed out the dish cloths, wash and wipe out the sink.

After the pupils have been dismissed, sweep one-half of the room, if the janitor of the building does not do it.

Be sure that the room is in perfect order before you leave it.

THIS PAGE TO BE TORN OUT AND GIVEN TO HOUSEKEEPER NO. 2.

HOUSEKEEPER'S DIRECTIONS FOR LESSON 32.

If your room is furnished with a water heater, light it.

Dust one-half of the room with a dust cloth.

Housekeeper No. 2 should do the following:

You should put 2 oranges on each plate—one plate for each 8 pupils, or 4 pairs. Two bananas may be placed on the same plate. Divide walnuts on saucers, allowing 8 on each—one saucer for each 8 pupils, or 4 pairs.

Put eggs on plates—4 on each plate—one plate for each 8 pupils, or 4 pairs.

Divide sugar in bowls—one bowl for each 8 pupils, or 4 pairs.

Divide vinegar in bowls—one bowl for each 8 pupils, or 4 pairs.

Empty whipping cream into a bowl. Beat it until stiff. Divide in two bowls—one for each 8 pupils, or 4 pairs.

GENERAL DUTIES OF HOUSEKEEPER NO. 2.

Be seated and listen to the teacher's instructions during the presentation of the lesson.

Wash out, wring and rinse the dust cloths which you and Housekeeper No. 1 used today.

When pupils are through with the food material, **gather** all that may be left over and can be used. **Place in clean dishes, cover and put it away for the next lesson.**

Wipe off the shelves in the pantry. Wipe off the kitchen table if there is one in the room. See that the ice box and cabinets are perfectly clean.

Collect all the soiled dish cloths in a pail, and cover them with warm, soapy water. Wash, wring, rinse and hang them up to dry.

When pupils have been dismissed, sweep one-half of the room if the janitor does not do it.

See that the room is in perfect order before you leave it.

SPECIAL INSTRUCTIONS TO TEACHER FOR LESSON 32.**FRUIT SALAD.**

Market Order for class of 16 pupils:

- 4 Oranges.
- 4 Bananas.
- $\frac{1}{3}$ Lb. Shelled Walnuts.
- 8 Eggs.
- $\frac{1}{3}$ Lb. Sugar.
- $\frac{1}{2}$ Pt. Vinegar.
- $\frac{1}{2}$ Pt. Whipping Cream.
- Salt on hand.

Housekeeper No. 2 should put 2 oranges on each plate—1 plate for each 8 pupils, or 4 pairs. Two bananas may be placed on the same plate. Divide walnuts on saucers, allowing 8 on each—1 saucer for each 8 pupils, or 4 pairs.

Put eggs on plates—4 on each plate—1 plate for each 8 pupils, or 4 pairs.

Divide sugar in bowls—1 bowl for each 8 pupils, or 4 pairs.

Divide vinegar in bowls—1 bowl for each 8 pupils, or 4 pairs.

Empty whipping cream into a bowl. Beat it until stiff. Divide in 2 bowls—1 for each 8 pupils, or 4 pairs.

NOTES:

Salads are being used more and more, as they provide a means of serving acid and salt supplying foods in an attractive way.

Whipping cream may be omitted, but is an addition to the dressing.

REFERENCES:

U. S. Dept. of Agriculture.

Farmers' Bulletins:

No. 154. The Home Fruit Garden.

No. 169. The Farmer's Fruit Garden.

No. 175. Home Manufacture and Use of Unfermented Grape Juice.

No. 203. Canning Fruits, Jellies and Preserves.



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